

CVR NEWSLETTER
DECEMBER 1995
Vol 16 No. 7
HAPPY HOLIDAYS!

If you haven't already, it's time to start thinking about running in 1996. Get off to the right start and attend the **1996 Annual Meeting**. This year's meeting and potluck will be held in Montpelier at Maureen Carr and Gordon MacFarland's house on 18 North Street. The potluck will begin around 6:00 to be followed by the meeting at 7:00ish. If anyone is interested in getting together earlier in the day to ski, snowshoe, or do some other fun winter activity, please give Maureen a call at 229-6341 to make plans.

Notes from Nancy

Best wishes for a funfilled and relaxing holiday season to all CVR members, families, and friends. Reflecting on this past year brings up many pleasant memories. Runners enjoyed a nice long season in '95. While the drought was cause for concern, it allowed for lots of outdoor recreation that wasn't marred by rain. And now that plenty of snow is with us early in the winter, our ground and surface waters should have no trouble getting recharged.

CVR Tuesday night Fun Runs attracted big crowds week after week. Let's hope that some of these folks take the next step of joining CVR. Thanks to everyone who contributed to the success of the Fun Runs, as well as to all the CVR races. Many volunteer hours make it all possible.

I encourage all to make an effort to come to CVR's Annual Meeting on the afternoon of Sunday, January 21. (See elsewhere in this newsletter for specifics of time and location). Thanks to Maureen Carr and Gordon MacFarland for hosting us. Note that this is the meeting at which we will set the race schedule for the year, elect officers, and hear the treasurer's report, while we share a delicious potluck and catch up on the news. As a member, your input is needed to shape the future direction of the Club. All are welcome, so feel free to bring a friend.

Here's to many injury-free miles in '96!

Nancy

Dinner for Darragh-

As most of you know, since most of you attended, the dinner to honor Darragh Ellerson was a huge success. Tim Noonan and Norm Robinson clearly did a great job in pulling it all together. For your reading pleasure here is a copy of Bob Murphy's poem which he recited at the dinner.

Salute to Darragh Ellerson

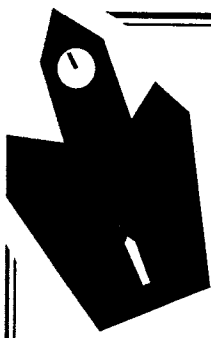
**An incredible woman named Darragh
Joined this club in a previous era
She's been active since then
Like a hyperactive hen
She's always done more than her share -a**

**Through the eighties she was always rambunctious
At fun runs, she would speed past the Junction
She founded Leaf Peepers'
(It's true, jeepers creepers!)
And worked at all CVR functions**

**She did races of all lengths and types
At Westport she ran through the night
She was hyped; she was funny
And always finished "in the money"
A State record was often in her sights**

**She always gave more than she'd taken
Her support for the club never shakin'
She served as president
This Montpelier resident
A finer member you won't find (I ain't fakin'!)**

**So we're gathered here now to salute
This woman who's really a hoot
To Darragh we drink
Our glasses we clink
She's our sweet old lovable coot!**



Make your New Year's resolution early! Run in the

FIRST NIGHT MONTPELIER 5K



December 31, 1995

Race start: 1:00 pm

A 5 kilometer road running race in downtown Montpelier.
Part of the first-ever First Night Montpelier events.

Starts near the Pavilion Building on Court Street, Montpelier.

Course Description: Flat course on an out-and-back route along Elm St. (Rte. 12).

Early registration: First 30 registrants will receive a t-shirt.

Race day registration: 11:45 am to 12:45 pm, basement auditorium, Pavilion Building.

All registrants will receive a First Night Montpelier button for admission to all First Night events.

(Race registration available to those not wanting a First Night button at reduced price.)

Prizes and food after the race!

First Name _____

Last Name _____

Sex _____ Age on Race Day _____

Street _____

City _____ State _____ Zip _____

I know that running is a potentially hazardous activity. I should not enter and run the race 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 risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release First Night Montpelier, Kids'Fest, the City of Montpelier, all sponsors, their directors, officers, employees, agents and representatives from all claims or liabilities of any kind or nature arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Race Registration Before 12/25/95:

- _____ \$9.00 (includes First Night button)
- _____ \$5.00 (does not include First Night button)

Race Registration After 12/25/95:

- _____ \$12.00 (includes First Night button)
- _____ \$8.00 (does not include First Night button)

Please make checks payable to Kids'Fest

For More Information / Mail Entries To:
Dave Kissner, First Night Montpelier 5K
251C Elm Street
Montpelier, VT 05602
(Tel. 802 229-6910)

Signature (Parent or Guardian if under 18)

M. CAAR
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Montpelier, VT
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