

Q: What are the benefits to becoming a member of the Cedar Valley Running Association?

A: As a CVRA member, you are entitled to some great benefits!

P Discounted entry fees to all CVRA race events

- Freeze Fest
- Mall to Mall
- 5th Season
- Swamp Fox
- Indian Summer
- Pewterman Pentathlon

P Discounts at CVRA sponsor businesses (present membership card)

- Running Wild
- Road Runner Detail Shop
- Play It Again Sports
- NutriSport
- Fitness Sports

P Monthly on-line newsletter highlighting running topics of interest to the local running community

P CVRA Annual Race Circuit

Compete against other CVRA members for prizes by earning points for participating in and/or volunteering for 34 local race events.

Visit www.CVRA.net for more details!

P Tax deduction for any donation to CVRA above the standard Individual or Household membership fees

P Weekly group training runs

P Email updates concerning CVRA activities

P Social activities and annual meeting

P FREE gift from Running Wild when you refer someone who becomes a new CVRA member