

# Central Vermont Runners Membership Form



When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the Road Runners Club of America that insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - Onion River Sports / Shoe Horn – 15% off running shoes and running apparel.
  - Lenny's Shoes & Apparel – 10% off running shoes.
  - Ski Rack—15% off running shoes and apparel

Name (Please Print) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

I prefer to receive a paper copy of the 5 times/year CVR Newsletter (email copy if not checked) \_\_\_\_\_

Names, birth dates and email of additional household members of CVR:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

As a responsibility of club membership, I agree to try to volunteer for at least one club race during the year. (Note: Volunteering is highly encouraged, but not an absolute requirement for membership).

My preferred race to volunteer is indicated below:

May - Mutt Strutt _____	May - Barre Spring Run _____	June - Kids Track Meet _____
June - Capital City Stampede_____	June - Paul Mailman 10 Miler _____	July - Bear Swamp Run _____
July - Barre Heritage 5K _____	August - Berlin Pond 5 Miles _____	Aug/Sept - Northfield 5K _____
Sept. - Sodom Pond Run_____	October - Leaf Peepers _____	Nov.- Fallen Leaves 5K's _____
Dec - New Year's Eve 5K _____	May thru Oct - Tues Fun Runs _____	Other - _____

Annual dues are \$10 for individual, \$15 for a family, or \$5 for students.

Enclosed are dues for the following years - (2017 dues covers 4/1/2017-3/31/2018)

2017      2018      2019      2020      2021      2022

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Allie Nerenberg, 636 Browns Trace Rd, Jericho VT 05465

*More Information or sign up on line at [www.cvrrunners.org](http://www.cvrrunners.org)*