

44th Annual!

The Paul Mailman Montpelier Ten Miler & 5K

Saturday, April 28, 2018

! One of Vermont's Oldest Races • Ten Miler - Central Vermont Race Series 2018!**

! RRCA Vermont State Championship 10 Mile Race

Place: Montpelier High School, Montpelier, Vermont

Sponsor: Central Vermont Runners

Pre-Registration: To pre-register, make checks payable to Central Vermont Runners and mail entries to:
Andy Shuford, 10 Park Ave., Montpelier, VT 05602.

Race Day Registration in the back lobby of Montpelier High School, April 28 from 7:30 am - 8:30 am. Restroom facilities available.

Fee: \$15 pre-registration (by April 25); \$20 on race day.

Starting Time: 8:45 am for both races

Course: Starts and ends on Montpelier High School track. Flat to rolling out and back course over primarily dirt roads. Four water stations. Miles accurately marked. Ten Miler USATF certified course VT09004RF. 5K flat, mostly paved.

Divisions: Ten Miler: MALE & FEMALE – First overall and age groups 19 & under, and ten year increments.

5K: MALE & FEMALE – Top three overall

RRCA awards: in the 10 Miler only, to first place male and female in the following RRCA divisions: Open, Masters(40+), Grand Masters(50+), and Senior Grand Masters(60+).

***Info on earning points toward Central Vermont Race Series 2018 available at registration on race day, or available through the CVR website: www.cvrrunners.org*

For Further Information: Call / Email Andy Shuford (802) 272-3218, andy.cvr@myfairpoint.net
Or www.cvrrunners.org

OFFICIAL ENTRY FORM – APRIL 28, 2018 PAUL MAILMAN MONTPELIER TEN MILER & 5K

Name: _____ Sex: M or F ____ CVR Member?: Y or N ____

Birth Date: _____ E-mail Address: _____ Age on Race Date: ____

Mailing Address: _____ **Which Event?** ____ **10 Miler**

City: _____ State: _____ Zip: _____ **5K**

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the Town of Berlin, the City of Montpelier and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature of parent or guardian if participant under 18 years of age. Date: _____