

**42nd Annual Capital City Stampede**  
**10k Road Race**  
**Saturday, June 8, 2019**  
**Race Start: 9:00am**

**Registration:** \$15.00 until June 8, 2019, \$20.00 on Race-Day

**Race-Day Registration** is 7:45-8:45 AM at Onion River Outdoors, 20 Langdon St., Montpelier.

**Awards:** Gift certificates to top 3 Male and Female finishers.

**Prizes** to top age group finishers.

**Name**\_\_\_\_\_ **Age** (race day)\_\_\_\_\_

**Sex:** M F                      **CVR Member?** Yes No

**Address**\_\_\_\_\_

**City**\_\_\_\_\_ **State**\_\_\_\_\_

**Zip**\_\_\_\_\_ **Email** \_\_\_\_\_

Check payable to: Central Vermont Runners

Mail to: Shannon Salembier, 4 Edwards Street, Montpelier, VT 05602

More information: [www.cvrrunners.org](http://www.cvrrunners.org) or [shannonsalembier@gmail.com](mailto:shannonsalembier@gmail.com)

or phone: 802-238-0333

I hereby waive, release, and discharge any and all claims from damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in the Capitol City Stampede. This release is intended to discharge the promoters, sponsors, officials and any public entities, from and against any and all liability.

**Name:**\_\_\_\_\_ **Date:**\_\_\_\_\_

**Parent or Guardian if under 18:**  
\_\_\_\_\_ **Date:**\_\_\_\_\_

Organized by:

