



**45th Annual!**

# The Paul Mailman Montpelier Ten Miler & 5K

**Saturday, April 27, 2019**

- One of Vermont's Oldest Races • Ten Miler - CVR/Onion River Outdoors Race Series
- 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 27 from 7:30 am - 8:30 am. Restroom facilities available.

**Fee:** \$15 pre-registration (by April 19); \$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+).

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

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## OFFICIAL ENTRY FORM – APRIL 27, 2019 PAUL MAILMAN MONTPELIER TEN MILER & 5K

Name: \_\_\_\_\_ Gender\*\* 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

\*\*Indicating Gender is optional; however you must be designated in a Male or Female Division to be eligible for awards.

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, Montpelier High School 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: \_\_\_\_\_