



46th Annual!

The Paul Mailman Montpelier Ten Miler & 5K

Saturday, April 25, 2020

- One of Vermont's Oldest Races • Ten Miler - CVR/Onion River Outdoors Race Series

Place: Montpelier High School, Montpelier, Vermont

Sponsor: Central Vermont Runners

On line Registration: <https://www.RunReg.com/paul-mailman-10-miler-and-5k>

Registration closes April 23 at 10pm. After that, race day registration only.

To pre-register by mail, 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 25 from 7:30 am - 8:30 am. Restroom facilities available.

Fee: \$15 pre-registration (by April 20 mail, April 23 online); \$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. 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

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

OFFICIAL ENTRY FORM – APRIL 25, 2020 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 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: _____

Date: _____

Signature of parent or guardian if participant under 18 years of age