

# 43<sup>rd</sup> Annual Capital City Stampede 10K Road Race

Saturday, June 6, 2020, Montpelier, VT

**Race Start: 9:00 a.m. outside of Onion River Outdoors**

**Pre-Registration:** \$15 - Mail this form and a check payable to "Central Vermont Runners" to Shannon Salembier, 4 Edwards Street, Montpelier, VT 05602 - Check and registration form must be received by June 5, 2020.

**Race-Day Registration:** \$20 - Race-day registration will take place from 7:45-8:45 a.m. at Onion River Outdoors at 20 Langdon Street in Montpelier.

**Awards:** Prizes to top 3 male and female finishers, and to top age group finishers.

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

**Age on race day:** \_\_\_\_\_ **Sex:** M F **CVR Member:** Yes No

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

\_\_\_ Check here if you are 50 years of age or older and **DO NOT** want to be dual-registered for the 2020 Vermont Senior Games 10K race.

**Waiver:** 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, including, but not limited to, Central Vermont Runners and the Vermont Senior Games Association, from and against any and all liability.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(A parent or guardian must sign if runner is under 18)

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

