

Central Vermont Runners Membership Form



When you join Central Vermont Runners you'll...

Meet, run with, and socialize with other area runners of all abilities.

- Keep up-to-date on area running races and events.
- Receive a regular newsletter with race results and club news.
- Be eligible for the Central Vermont Runners/Onion River Sports Race Series
- Join a club that's part of the [Road Runners Club of America](#) that insures CVR races.
- Become eligible for discounts at area sporting goods stores:
 - Lenny's Shoes & Apparel – 10% off running shoes.
 - Mountain Valley Lotus Massage - 15% off massage.
 - Ski Rack—15% off running shoes and apparel

Name (Please Print) _____

Street _____

City _____ State _____ Zip _____

Sex: M F Age _____ Birth Date _____

Email Address _____ Phone _____

Names, birth dates and email of additional household members of CVR:

1 _____

2 _____

3 _____

As a responsibility of club membership, I agree to try to volunteer for at least one club race during the year. (Note: Volunteering is highly encouraged, but not an absolute requirement for membership).

My preferred race to volunteer is indicated below:

April - Mutt Strutt _____	April – Paul Mailman 10 Miler _____	May - Adamant Half Marathon _____
May - Barre Spring Run _____	June - Kids Track Meet _____	June - Capital City Stampede _____
July - Montpelier Mile _____	July - Bear Swamp Run _____	July - Barre Heritage 5K _____
August - Berlin Pond 5 Miles _____	August - Suffrage Scramble _____	Sept - Northfield 5K _____
Sept - Groton Forest Trl Run _____	Sept - Sodom Pond Run _____	October - Leaf Peepers _____
Nov - Fallen Leaves 5K's _____	Dec - NYE 5K _____	May-Oct Fun Runs _____

Annual dues are \$10 for individual, \$15 for a family, or \$5 for students.

Enclosed are dues for the following years – (2020 dues covers 4/1/2020-3/31/2021)

2020 2021 2022 2023 2024 2025

Please make checks payable to **Central Vermont Runners** and mail to:

CVR, c/o: Graham Sherriff, 31 Hebert Rd., Montpelier, VT 05602

More Information or sign up on line at www.cvrrunners.org

Central Vermont Runners Club Participation Waiver

I agree that I am a member of Central Vermont Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and I agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: 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. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule.

Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, the town/city in which the individual race or group run occurs, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature: _____

Date: _____

Parent's Signature (if under 18 years): _____

Date: _____