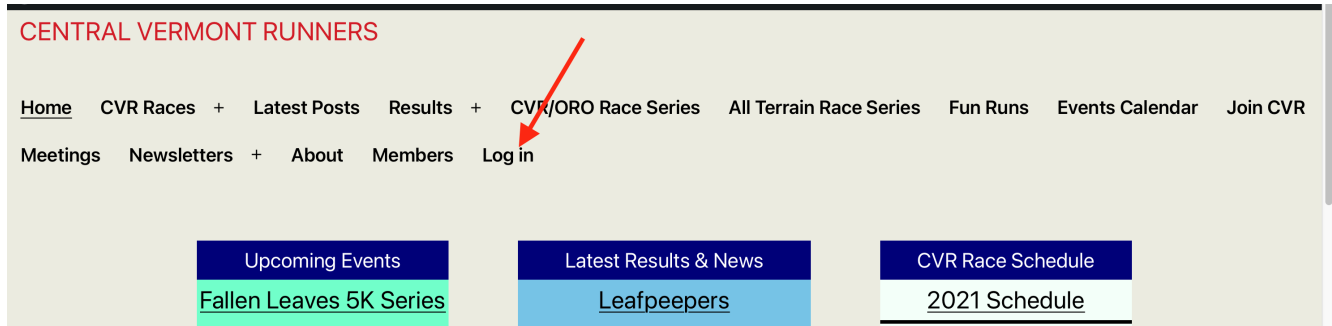


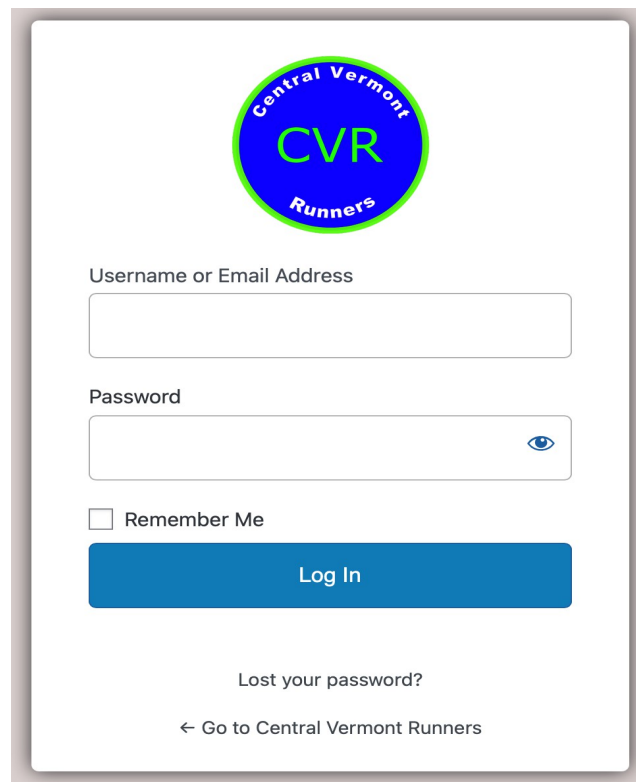
Member instructions: Volunteer for a race

Log in on the CVR website:

Click 'Log in' on the main navigation menu at the top of the homepage



The login page:

A screenshot of the CVR website login page. At the top center is the CVR logo, a blue circle with "Central Vermont Runners" around the perimeter and "CVR" in the center. Below the logo are two input fields: "Username or Email Address" and "Password". The password field has a blue eye icon to its right. Below the password field is a checkbox labeled "Remember Me". A blue "Log In" button is positioned below the checkbox. At the bottom of the form area, there is a link "Lost your password?" and a link "← Go to Central Vermont Runners".

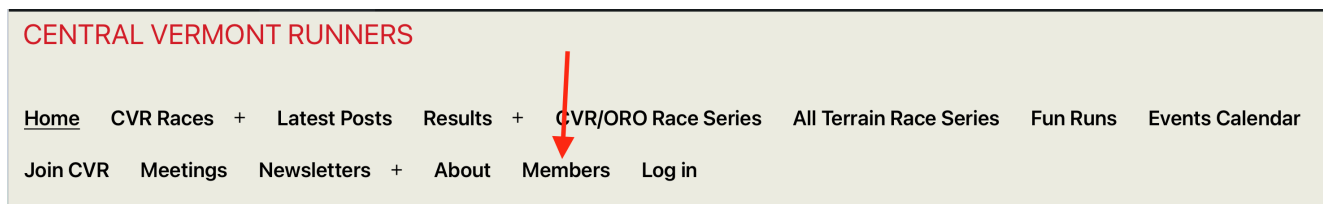
Enter your username and password.

Your username is: firstname.lastname (lower case).

If you don't know your password, follow the 'Lost your password?' link.

Contact John Hackney at info@cvrrunners.org with any problems or questions.

Click on 'Members' on the main navigation menu at the top of the homepage



Your Members menu will be displayed.

Click on 'Volunteer for a CVR race.'

CVR Members

[Renew your membership at RunReg](#)

[Demographics](#)

[Volunteer for a CVR race.](#)

[Member Update](#)

[HOME](#)

The Volunteer page will be displayed:

Your name, etc. will be displayed here

Name:
City:
Email:

Choose the race for which you would like to volunteer.

Races open for volunteers:

- Fallen Leaves 5K #1 11/6/2021
- Fallen Leaves 5K #3 11/20/2021
- Fun Runs 1/1/2021
- New Year's Eve 5K 12/31/2021

Choose a race that you would like to volunteer for.

[Add me as a volunteer](#) [Back to menu](#)

Volunteer for a CVR Race

Choose a race for which you would like to remove your name as a volunteer.

Currently volunteered for:

[Delete me as a volunteer](#) [Back to menu](#)

Or, if you have already chosen a race and can't volunteer for some reason, click the race and 'Delete me as a volunteer' to remove yourself.

Choose a race to volunteer for, or remove yourself from a race that you've already volunteered for, if you're not able to volunteer.

Click 'Back to menu' to return to the Members menu and the homepage.