

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 N U (N = non-binary U = undisclosed) Age _____ Birthdate _____

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:

Feb 11 - Snowshoe Race ____	April 15 - Paul Mailman 10 Mile __	April 23 - Mutt Strutt ____
May 7 - Adamant Half ____	May 20 - Barre Spring Run ____	June 10 - Capital City Stampede__
July 3 - Montpelier Mile ____	July 8 - Bear Swamp Run ____	July 29 - Barre Heritage 5K ____
August 17 - Berlin Pond 5 Mile__	Sept 2 - Northfield 5K ____	Sept 9 - Groton Forest Trl Run __
Sept 20 - Sodom Pond Run ____	October 1 - Leaf Peepers ____	Nov - Fallen Leaves 5K's ____
Dec 31 - NYE 5K _____		

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

Enclosed are dues for the following years - (2023 dues covers 4/1/2023-3/31/2024)

2023 2024 2025 2026 2027

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

CVR, c/o: Graham Sherriff, 145 Westwood Drive, Montpelier, VT 05602

More Information or sign up online at <https://cvrunners.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: _____