



# 5th Adamant Half Marathon or 2 Person Relay

Saturday, May 11, 2024 at 10 a.m.

To Benefit:

**Adamant Coop and Community Arts Council**

*Scenic figure 8 on dirt roads with ponds and hills through Calais and East Montpelier.*

- Aid Stations with Gatorade every 2 miles
- Hearty, warm post race soups and bread
- Unique finishers medals
- Individual half marathon (not relay) is Race 5 in the **2024 CVR/ORO Race Series!**

### 2 person Relay

- Relay leg 1: 8 mile loop, leg 2: 5.1 mile loop, exchange near start/finish.

**Directions:** From Montpelier, follow Main St. through the roundabout and up the hill. Main St. becomes County Rd. At 6 miles from the roundabout turn right on Haggett Rd. In 1.1 miles, you are in Adamant! Please park as directed by signs and volunteers.

**Registration** Race Day 8:30-9:45 a.m. 1171 Haggett Rd. Adamant, VT 05640

For more information [www.cvrrunners.org](http://www.cvrrunners.org) or call Donna Smyers 802-229-4393 [dosmyers@gmail.com](mailto:dosmyers@gmail.com)

Please Print Clearly

Cut Here to mail to: Donna Smyers, PO Box 102, Adamant, VT 05640

## OFFICIAL ENTRY FORM – May 11, 2024 ADAMANT HALF MARATHON

Name (Ind. or 1st leg): \_\_\_\_\_ Sex: M\_\_\_ F\_\_\_ X\_\_\_ Age : \_\_\_\_\_

CVR Member? Yes\_\_\_ No\_\_\_ If not, consider joining at CVRunners.org! Join now to be part of race series.

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

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Relay leg 2 Name \_\_\_\_\_ Sex: M\_\_\_ F\_\_\_ X\_\_\_ Email: \_\_\_\_\_

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 event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, local animals, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that running with a baby jogger or dog is prohibited. 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, Adamant Community Club., 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. I grant permission to the foregoing to use my photographs or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation which may arise from extreme weather or other unforeseen circumstances. In addition I agree to abide by all Covid protocols including that I meet health and travel guidelines.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Relay leg 2 or parent or guardian if participant under 18 years of age. Date: \_\_\_\_\_

See more information online at:

<http://www.cvrrunners.org>

**Paper Entry Fee:** \$25 by May 5, \$30 Race Day for individuals, \$40 by May 5, \$45 Race Day for Relays, checks Payable to Central Vermont Runners , see [cvrunners.org](http://cvrunners.org) for reduced online early entry fees!