

# 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:
  - **\*\* New!\*\*** The Sanctuary - 10% off class cards and studio memberships with Code CVR. (Owned by a CVR member)
  - Lenny's Shoes & Apparel - 10% off running shoes.
  - MVL Wellness- (Waterbury) 15% off massages.
  - Onion River Outdoors - 15% off running shoes, apparel, socks, reflective gear, etc.
  - Ski Rack - 15% off regular price running shoes/hiking shoes, run and fitness clothing, nutrition, and accessories. Discount applies to non-sale items only. 5% off Garmin and Shokz headphones. Discount does apply to special ordering.

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).

The race for which I prefer to volunteer is indicated below:

Feb 8 - Snowshoe Race _____	April 19 - Mailman 10 Mile _____	April 27 - Mutt Strutt _____
May 10 - Adamant Half _____	May 17 - Barre Spring Run _____	June 7 - Cap. City Stampede _____
July 3 - Montpelier Mile _____	July 12 - Bear Swamp Run _____	July 26 - Barre Heritage 5K _____
Aug 14 - Berlin Pond 5 Mile _____	August 30 - Northfield 5K _____	Sept 7 - Groton Trail Run _____
Sept 17 - Sodom Pond Run _____	October 5 - 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 – (2025 dues covers 4/1/2025-3/31/2026)

2025 2026 2027 2028 2029

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

CVR, c/o: John Hackney, 30 Isabel Circle, 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: \_\_\_\_\_