



1ST ANNUAL ADAMANT 20 MILER RUN OR RIDE

Saturday, May 8, 2010 at 10 a.m.



TO BENEFIT

**ADAMANT MUSIC
SCHOOL**

Run scenic out and back course on dirt roads with ponds and hills through Calais and Woodbury.

- Great training race for Vermont City Marathon!
- Aid Stations every 2 miles
- Great Post Race food.
- Dorm style Lodging on site available

Or ride the 25 mile Bike tour on your cross or mountain bike

- Well marked loop on lightly traveled dirt roads with aid station half way
- Cycle past 5 ponds, along brooks and over the hills of Calais and Woodbury

Adamant Music School is recognized as New England's premier center for piano study. The school attracts faculty and students from all over the world bringing classical music to central Vermont each summer. The beautiful gardens, sculptures and landscaping of the Adamant Music School are a local attraction year round. For more information, go to www.adamant.org.

Directions to Adamant: 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. proceeding 1.2 miles to Adamant. Park at the Adamant Methodist Church or across the street at the Concert Hall parking

Registration Race Day 8:30-9:45 a.m. Adamant Music School Barney Hall (across from the waterfall)
For More information call Eric Ryea 802-223-2733 eryea@aol.com

Please Print Clearly

OFFICIAL ENTRY FORM – MAY 8, 2010 ADAMANT 20 MILER

Name: _____ Sex: M__ F__ Age on Race Date: _____

Event: 20 Mile Run _____ Bike Tour _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

See more information online at:
<http://www.cvrrunners.org>

I know that running a road race is a potentially hazardous activity. I should not enter and run or ride 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 run or ride. If biking, I agree to abide by traffic regulations and wear a helmet. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 Cultural Foundation, Behre Piano Assoc., 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.

Signature: _____ Date: _____

Signature of parent or guardian if participant under 18 years of age. Date: _____

Entry Fee: \$20 by 5/6 \$25 Race Day Payable to CVR c/o Eric Ryea, PO Box 60, Adamant VT 05640