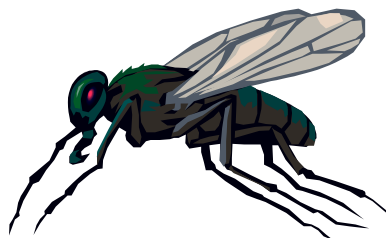


# ADAMANT BLACK FLY 4 MILE RUN

To Benefit the Adamant Coop  
Saturday May 3 at 11 a.m.

Central  
Vermont  
Runners



**All Participants**  
**Double your entry fee in Coop Gift Certificates!**  
Walkers welcome!

Scenic Marshland. Flat and fast out and back course on Sodom Pond Road.  
The flattest 4 miles in E. Montpelier and Calais!

Register across from the Adamant Coop from 9:45 to 10:45 a.m. day of race.  
More info: Eric Ryea 223-2733 or Donna Smyers dosmyers@cs.com

---

## OFFICIAL ENTRY FORM – MAY 3, 2008 ADAMANT BLACK FLY 4 MILER

Name: \_\_\_\_\_ Sex: M\_\_ F\_\_ Age on Race Date: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Tel. Number: \_\_\_\_\_

Mailing 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 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. I assume all risks associated with running in this event including, but not limited to, 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. 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., the Adamant Coop 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.

Entry Fee: \$5 Payable to Central Vermont Runners (CVR), Proceeds to Benefit the Adamant Coop