

# ADAMANT BLACK FLY 4 MILE RUN

To Benefit the Adamant Coop  
Saturday May 2, 2009 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 East 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

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## OFFICIAL ENTRY FORM – MAY 2 2009 ADAMANT BLACK FLY 4 MILER

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

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

Mailing Address: \_\_\_\_\_

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

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, contact with dogs and leashes, the effects of the weather, including heat and/or humidity, traffic and the condition of the road and other running surfaces, 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 else 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 of liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence and 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: \$5 Payable to Central Vermont Runners (CVR);  
Proceeds to Benefit the Adamant Coop