

First race of the Central Vermont Race Series 2010—the Fifteenth Annual...

First Night Montpelier

5K

Thursday, December 31, 2009 • Race Start: 3:00 pm
A 5-kilometer road-running race in downtown Montpelier.
Part of the **First Night Montpelier** events.
Opener for the ORS/ CVR Race Series 2010
Co-sponsored by the **Central Vermont Runners club**.

Course description: Starts on Court Street near the Pavilion State Office Building. Relatively flat first half mile, uphill to the mile and a half point, and downhill on the return!

Please see <http://www.cvrrunners.org/frstnite.htm> for a course map and more information.

Race day registration: 1:15 to 2:45 pm basement auditorium, Pavilion Building

Prize and food sponsors include: **Bolton Valley Resort, Onion River Sports, Adrienne Allison (Shiatsu massage), Touchstone Message and Sarah Bothfeld (Massage Therapist)**

All registrants will receive a **First Night Montpelier button** good for admission to First Night events!

cut here and return below application

First Name: _____ Last Name: _____

Sex: M F Age on Race Date: _____ Birth Date: _____

Mailing Address: _____ E-Mail Address _____

City: _____ State: _____ Zip: _____ Telephone: _____

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, Montpelier Downtown Community Association, the City of Montpelier 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 (parent or guardian if under 18)

_____ **Race Registration Before 12/25/09:**
\$15.00 (Includes First Night Button)

_____ **Race Registration After 12/25/09:**
\$20.00 (Includes First Night Button)

Please make checks payable to:
Montpelier Alive: Road Race

For More Information / Mail Entries to:

First Night 5K Running Race
Montpelier Alive
39 Main St.
Montpelier, VT 05602
Tel.: 802 223-9604 or 229-3559
Email: sevenshea@gmail.com

Directions to: Montpelier, the Pavilion Building, & Registration—

- **FROM THE NORTH & SOUTH** take exit 8 off I-89. At the 3rd traffic light, right before a Sunoco Station, turn left onto Taylor Street. Proceed over the bridge and to the next intersection with State Street. Governor Davis Avenue is directly ahead, and the Pavilion Building is the large brick building on the far side of State Street, to your left.
- **PLEASE PARK AT ANY METERED LOCATION** on city streets (metered parking is free on First Night), or at the public parking lot on the right side of Taylor St. just past the Taylor St. bridge. There is no parking on Gov. Davis Ave., and please do not park on Court Street where the race starts.
- **REGISTRATION IS IN THE REAR OF THE PAVILION** Building (which is the more recently constructed part of the building.) Use either of the two backside doors or the back door adjacent to the State House parking lot. The basement auditorium is down just one flight of stairs.

FIRST NIGHT MONTPELIER 5K Sponsors Include:

Massage Therapists:

Sarah Bothfeld, Adrienne Allison & Touchstone Massage

