



## Become a Member of Central Vermont Runners Club

### 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/Union River Sports Race Series
- Join a club that's part of the Road Runners Club of America organization.
  - Which insures CVR races.
- Become eligible for discounts at area sporting goods stores:
  - Onion River Sports / Shoe Horn – 10% off running shoes and running apparel.
  - Lenny's Shoes & Apparel – 10% off running shoes.
  - Ski Rack—10% off running shoes

Name (Please Print) \_\_\_\_\_

Street \_\_\_\_\_

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

Sex:    M        F        Age \_\_\_\_\_        Birth Date \_\_\_\_\_

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 be available to work on at least one club race during the year. My preferred race is indicated below.

\*April - Mutt Strutt \_\_\_\_\_        \*May-Oct - Tuesday Fun Runs \_\_\_\_\_

\*June - Kids Track Meet \_\_\_\_\_        \*June - Capital City Stampede \_\_\_\_\_

\*June - Montpelier 10 Miler \_\_\_\_\_        \*July - Bear Swamp Run \_\_\_\_\_

\*Aug - Berlin Pond 5 Miles \_\_\_\_\_        \*Aug/Sept - Northfield 5K \_\_\_\_\_

\*Oct - Leaf Peepers \_\_\_\_\_        \*Dec - First Night 5K \_\_\_\_\_

\*Other Weekday evening races \_\_\_\_\_        \*Nov.-Fallen Leaves 5K's \_\_\_\_\_

\*May-Adamant 20 Miler \_\_\_\_\_        \*July/Aug- Barre Downtown 5K \_\_\_\_\_

Annual dues are \$10 for individual or family, \$2 for students. Enclosed are dues for the following years - (2009 dues covers 3/2009-3/2010).

2010    2011    2012    2013    2014

Please make checks payable to **Central Vermont Runners** and mail to:  
CVR, c/o: Donna Smyers PO Box 102, Adamant VT 05640.