

32nd Annual
CAPITAL CITY STAMPEDE

10 Kilometer Road Race
Saturday, June 13, 2009

Sponsored by:
Onion River Sports
Central Vermont Runners

Race-Day Registration: 7:30 AM, corner of School and Main Streets, Montpelier, Vt.

Race start time: 9:00 AM

Entry Fee: \$9.00 until June 8, \$12.00 on race day.

Awards: Gift certificates to top 3 Male and Female finishers.

Local Products to top finishers in: <19, 20-29, 30-39, 40-49, 50-59, 60-69, >70

Name _____ Age (race day) _____ Sex: M F

Address _____ City _____ State _____ Zip _____

Check payable to: Central Vermont Runners

Mail to: John Valentine, 440 Northfield Road, Roxbury, Vt. 05669

More information: www.cvrrunners.org

I hereby waive, release, and discharge any and all claims from damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in the Capitol City Stampede. This release is intended to discharge the promoters, sponsors, officials and any public entities, from and against any and all liability.

Name: _____ Date: _____

Parent or Guardian if under 18: _____ Date: _____