

35th Annual!

Central  
Vermont  
Runners



# The Paul Mailman Montpelier Ten Miler

Sunday, June 28, 2009

One of Vermont's Oldest Races • Part of the Central Vermont Race Series 2009! \*

**35<sup>TH</sup> ANNIVERSARY SPECIAL – SURPRISE  
GIFT TO THE FIRST 100 TO REGISTER**

**Place:** Montpelier High School, Montpelier, Vermont

**Sponsor:** Central Vermont Runners & Onion River Sports.

**Registration:** To pre-register, make checks payable to Central Vermont Runners and mail entries to:  
Betty Rose, 29 Deerfield Drive, Montpelier VT 05602.

**Post-registration** at Montpelier High School, June 28 from 7:30 am - 8:30 am. Bathroom facilities available.

**Fee:** \$12 pre-registration (by June 23); \$15 on race day.

**Starting Time:** 8:45 am

**Course:** Starts and ends on Montpelier High School track. Flat to rolling out and back course over primarily dirt roads. Four water stations. Miles accurately marked and certified.

**Divisions:** FEMALE - 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
MALE - 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Prizes:** Gift certificate/merchandise prize to top male and female and for top finishers in each age division.

*\*Info on earning points toward Central Vermont Race Series 2009 available at post-registration on race day, or available through the CVR website: <http://www.cvrrunners.org/racesrs.htm>*

**For Further Information:** Call / Email Betty Rose-(802) 839-0003, [brose@nationallife.com](mailto:brose@nationallife.com)  
Webpage - <http://www.cvrrunners.org/tenmiler>

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OFFICIAL ENTRY FORM – JUNE 28, 2009 PAUL MAILMAN MONTPELIER TEN 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, Onion River Sports, 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: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
Date: \_\_\_\_\_

Signature of parent or guardian if participant under 18 years of age.