

## Vermont Citizens X-C 5K Series Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

Sex:  Male       Female      Age: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_\_ (MM/DD/YYYY)

### \$10 for each race

- Burlington High School Fun Run, August 16, 2003
- Essex Invitational, September 13, 2003
- Thetford Academy Woods Trail Run, October 4, 2003
- Burlington Invitational, October 18, 2003

Total @ \$10/race: \$\_\_\_\_\_ (Checks to Burlington HS X-C)

☺ *High-school and middle-school coaches FREE! Check here:*

*School Name:* \_\_\_\_\_

*In consideration of this entry's being accepted, I, for myself and my heirs and assigns, waive and release any and all rights and claims I may have against the facilities, sponsors, and officials of these races for any injuries whatsoever arising in any manner out of participation in any of these athletic events.*

Signature (by parent/guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

***Register at the event if you are registering during the week  
before the event.***

Mail this form at least one week in advance to:

Pavel Dvorak  
Burlington High School  
52 Institute Road  
Burlington, VT 05401