

# La Chute Road Runners

**Goals:** Encourage the youth of the community to get involved in a beneficial activity. Provide competitive opportunities for its membership. Provide membership with educational and social opportunities.

**Activities:** Sponsor the Montcalm Mile, Resolution Run, Champlain Bridge 5K, hold an annual Awards Banquet, provide a newsletter, and to provide organized training opportunities.

## Club Membership Waiver of Participation:

I agree that I am a member of the La Chute Road Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: 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 inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, the town of Ticonderoga, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

**Signature:** \_\_\_\_\_

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

**Parent's Signature if under 18 years:** \_\_\_\_\_

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

Membership type  
Family \$10.00 ( )

New ( ) Renewal ( )

Individual \$5.00 ( )  
Student \$2.00 ( )

Mail to  
Fred Herbst  
13 Lindbergh Landing  
Ticonderoga, NY 12883

Checks  
La Chute Road Runners

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Email** \_\_\_\_\_

**Family Members** \_\_\_\_\_