

The New York/Vermont 5k Champlain Bridge Run Sunday May 20th, 2012

Join us in celebrating the construction of the Champlain Bridge with a scenic 5K course in both NY and Vermont which includes a historic run over the new bridge.

TIME: 3:00 PM, Sunday May 20, 2012

CHECK-IN: Packet-pick up and race day registration 12:30 pm to 2:45 pm

LOCATION: On the grounds of the British fort ruins within the Crown Point State Historic Site, Crown Point, NY 12928

ENTRY FEE: \$20.00 for pre-registered till May 1st, \$25 for later registrants
Please make checks payable to: La Chute Road Runners and mail to Nancy Ockrin, PO Box 33, Crown Point, NY 12928

SHIRTS: To those who pre-register before May 1st

CLASSES: Male and Female, Age: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up.

AWARDS: 1st, 2nd, and 3rd in each age category for males and females and for over all male and female

FACILITY: On site bathrooms and food pavilions

E-MAIL: Nancy Ockrin: momockrin@gmail.com or call 518-597-3754

Name: _____ E-mail: _____

Address: _____

City: _____ State: _____

Phone: _____ Zip: _____

Age on race day: _____

Shirt size Circle (adult only): S M L XL

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waiver and release all rights and claims for damages I may have against the La Chute Road Runners, the Champlain Bridge Committee, Road Runners of America, USA Track and Field, all sponsors, and co-sponsors, volunteers and workers, race organizers, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race.

Participant/Parental _____