

The Foot Race at Fort Ticonderoga

Benefit: The Duane Crammond Memorial Scholarship Fund
Saturday, September 25, 2010

Scenic cross-country 5K course: Varied terrain of grass and gravel near the shores of Lake Champlain, on the historic Fort Ticonderoga peninsula, finishing on the Parade Ground inside the walls of the Fort with Fife and Drum Corp hailing the finishers.

TIME: 10:00 am

CHECK IN: Packet Pickup and race-day registration 8:30 – 9:45 am

LOCATION: Fort Ticonderoga, Ticonderoga, New York
Route 74, one mile east of the village of Ticonderoga



ENTRY FEE: H.S. Students & Under-\$15; Pre-registration-\$17; Race-day Registration-\$20
Make checks payable to LaChute Roadrunners

TEAM CHALLENGE: Teams of three, individual places combined to find team score
Awards to winning teams and team spirit award-be creative!
No additional fee to run as a team; see form below.

Mail form below to:
Matt Karkoski
25 Black Pt. Road
Ticonderoga, NY 12883

T-SHIRTS: Guaranteed to the first 100 registrants

AWARDS: Overall male & female, and top three in ten year age groups

EXTRAS: Runner and two spectators receive complimentary admission to Fort Ticonderoga and the King's Garden. Fifers and Drummers will hail the finishers.

FACILITIES: Restrooms, ample parking. Log House Restaurant and museum store open at 9:30.

INFORMATION: Phone Matt Karkoski, (518) 585-7206 evenings or mhski@verizon.net
More at www.lachute.us or www.footraceatfortti.com

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Name: _____ Phone: _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip: _____

Age on Race Day: _____ M or F Preferred Shirt Size: S M L XL

Team Challenge divisions: ___ Family ___ Business ___ Civic ___ Faculty

Team Challenge open: ___ Male ___ Female ___ Mixed *Circle age group below for open teams*

* Add ages of open team members to find age group: 0 – 49 50 – 124 125+

TEAM NAME _____ List other team members: _____

Important: Pre-registrants *cannot* supply team info on race day!!! _____

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 Fort Ticonderoga Association, 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. Athletes who participate in this competition may be subjected to formal drug testing in accordance with USA T&F regulations. Athletes found positive will be disqualified from the event and will lose eligibility for future competitions. (web)

Signature _____

Signature of Parent (If under age 18) _____