

The Foot Race at Fort Ticonderoga

Benefit: The Duane Crammond Memorial Scholarship Fund
Saturday, September 26, 2009

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.

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: \$15 Pre-registration Fee; \$17 Race-day Registration Fee
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

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 _____