

Heritage Day 10K
Sunday, August 15, 2010
10 a.m.
Penfield Homestead Museum, Ironville, NY

Sponsored by the LaChute Road Runners of Ticonderoga, NY

Location: The race will start and finish at the Penfield Homestead Museum and will be held in conjunction with the museum's annual Heritage Day. The museum is located in Ironville on County Route 2 approximately five miles west of the hamlet of Crown Point.

Check In: Packet pick up and late registration will be 8:30-9:45 a.m. on the museum porch.

Entry fee: \$10

Course: The course is 10 kilometers (6.2 miles) on country roads; about three miles on dirt roads. The first four miles are up and down with a very fast two-mile downhill finish.

Awards: Medals will be presented to overall men's and women's winners as well as in age 19 and younger, 20-29, 30-39, 40-49, 50-59 and 60 and older categories for men and women. There will be NO duplicate awards.

Post race: Heritage Day at the Penfield Homestead Museum will be held 10 a.m. to 4 p.m. It will feature a chicken barbecue, live music, a craft fair, museum tours, pony rides, children's games and more.

Information: Call Dave Burrows of the LaChute Road Runners at 518-926-8005

Mail entries to: Dave Burrows (Make checks to: La Chute Road Runners)
PO Box 454
Castleton VT 05735

NAME _____ AGE _____ GENDER _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

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 Penfield Homestead Museum, the town of Crown Point, 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.

Signature _____

Signature of Parent _____

(If under age 18)