

Montcalm Mile

July 4, Ticonderoga, NY 1:45 p.m.

Join us in historic Ticonderoga to celebrate the Fourth of July with the annual parade, celebration and the running of the Montcalm Mile, one of the fastest mile runs in New York State! **Course records: Men 3:54.1 Women 4:39.7**

Distance: 1 mile (downhill, immediately preceeding the July 4th parade)
Entry Fee: Children (12 and under) \$5; Ages 13 and over \$10
Registration: Register online (Children \$4; Ages 13+ \$7.50) at www.lachute.us or racewire.com Mail-Tracy Smith, 35 Highland Ave., Ticonderoga, NY 12883. Make checks payable to La Chute Road Runners. There will be limited race day registration. Call 518-569-0947
Check In: Noon-1:30 p.m. at the intersection of Wicker Street and Race Track Road
Race Time: 1:45 PM
Awards/Class: **Top Male, Female:** 5 place cash awards: 1st \$225, 2nd \$125, 3rd \$75, 4th \$50, 5th \$25
Masters (40 and up) M and F cash awards 2 places: 1st, \$100, 2nd \$50
Age Groups: 3 places, M and F: Under 10, 11-15, 16-19, 20, 30, 40, 50, 60, 70+ Unique age group awards and medal to all competitors
Results: www.lachute.us (chip and mat timed)

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, 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 race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Runners, the Town of Ticonderoga, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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 of this event for any legitimate purpose.

First Name _____, **Last Name** _____

Please Print

Address _____

City _____, **State** _____, **Zip** _____

Race Day Age _____, **Gender (M) (F)** **Bib Number (For Official Use)** _____

Email address _____

Cell Phone Number (instant results) _____

Competitor Signature _____

Signature (parent if under age 18) _____