

Announcing: Resolution Run
Date: Jan 1

Benefit: Ticonderoga Food Pantry

Location: Bicentennial Park, Ticonderoga, NY

Check in: Ticonderoga Bicentennial Park (Registration begins at 10:15)

Race Start: 5 Km run and 2.5 mile walk 11:00

Course: The race begins and end near the Heritage Museum.

Entry Fees: 5 Km & Walk \$2.00 (Checks payable to [La Chute Road Runners](#)), or 2 canned goods to be donated to the Ticonderoga Food Pantry. No pre-entries; enter the day of the race.

Contact: Ellie Berube
17514 Rt. 22
Putnam, NY 12861
518-585-8974
dearrun@capital.net

Race entered: 5 Km _____ **2.5 Mile** _____

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 Town of Ticonderoga, 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 18)