

The New York/Vermont 5k Champlain Bridge Run Saturday May 21st, 2016

Join us for a scenic 5K cross country course as we continue to enjoy the trails, roads, and fields and the beauty of our shared bridge.

- TIME:** 10:00 AM, Saturday, May 21, 2016
CHECK-IN: Packet-pick up and race day registration 8:30 AM-9:45 AM
LOCATION: On the grounds of the British fort ruins within the Crown Point State Historic Site, Crown Point, NY 12928
ENTRY FEE: \$20.00 for pre-registered till May 1st, \$25 for later registrants. Family rate for those with children available, \$10.00 per child. A parent must register in order to get the family rate for children. (shirt availability only to those who pre-register before May 1st.) Please make checks payable to: *La Chute Road Runners* and mail to *Nancy Ockrin, PO Box 33, Crown Point, NY 12928*
SHIRTS: To those who pre-register before May 1st
CLASSES: Male and Female, Age: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and up.
AWARDS: 1st, 2nd, and 3rd in each age category for males and females and for over all male and female
FACILITY: On site bathrooms, water for runners
E-MAIL: Nancy Ockrin: momockrin@gmail.com or call 518-597-3754

Last Name	First Name

Age	Gender (circle)	Shirt (adult sizes only) (circle)
	M	F
	S	M
	L	XL

Address

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City	Date

State	Zip	Phone

E-Mail

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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 Crown Point Chamber of Commerce, 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.

Participant/Parental _____