# 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**

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| **Distance:** | 1 Mile (downhill, immediately preceeding the July 4th parade) |
| **Entry Fee:** | **Online registration** $5 for all recreational runners; $15 for elite runners.<br>**Race day registration** $5 for children age 12 and younger; $10 for age 13 and older; $20 for elite runners. |
| **Registration:** | Register online at **www.lachute.us or racewire.com** or by mail to 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 for information. |
| **Check In:** | Noon-1:30 p.m. at the intersection of Wicker Street and Race Track Road |
| **Race Time:** | 1:45 PM |
| **Awards/Class:** | **Open elite:** M/F, 1st $300, 2nd $200, 3rd $100,<br>**Masters elite:** (age 40-49), M/F, 1st $150, 2nd, $100, 3rd $50<br>**Veterans elite:** (age 50 and older), M/F, 1st $150, 2nd, $100, 3rd $50<br>**Medals to all recreational finishers.**<br>**Only "elite" registered runners will be eligible for prize money!** |
| **Information:** | www.lachute.us, racewire.com, 518-569-0947 |
| **Results:** | www.lachute.us |
| **Notes:** | Chip and mat timed.<br>**Runners must register as "elite" to be eligible for prize money!** |

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 inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Resolution Run, 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**

**Age on race day** **Gender (M/F)** **Elite** **Recreational**

**Address**

**City**

**State** **Zip** **Email address**

**Bib Number (For Official Use Only)**

**Signature:** _____
**(parent if under age 18)**