

Rogers Rangers Ramble Run

Date: Saturday, November 6th, 2021

Location: Ticonderoga Golf Course, Ticonderoga, NY

Check In: At the back terrace of the Ticonderoga Golf Course, State Route 9N, Ticonderoga, NY

Cost: The run is free for La Chute club members and \$10 for non-members.

Lunch: Lunch is provided to members of the La Chute Runners. Do take this opportunity to renew/start membership and join us for lunch.
<https://lachuterunners.files.wordpress.com/2020/12/membershiprenewal-1.pdf>

Race Start: 10:30

Course: 3.1 mile XC run mostly on grass, compact and loose dirt paths.
2 Mile Run/Walk Event

EVENT 5K _____ 2 Mile Run/Walk _____

NAME _____ AGE _____ GENDER _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____ Member Yes No (Circle)

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 Rogers Rangers Ramble Run, the Town of Ticonderoga, Ticonderoga Golf Course, 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. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/>

Signature _____

Parent _____ (If under 18)