

La Chute Runners

Five Nations 5K & 2 Mile Trail Run

Date: Saturday, Aug. 6th 2022.

Location: Five Nations Golf; 671 State Route 9N, Ticonderoga, NY 12883

Cost: 5K and 2 Mile run is \$5 for LaChute Club Members \$15 for Non-Members (Non-members then can become La Chute members for the rest of this year and the next, 2023, after filling out the club application.) Awards Top 3 Male and Female and other Groups determined by race participation..

**Registration is 8 am at the race location, or you can mail with entry fee to;
La Chute President, 45 Defiance Street, Ticonderoga, New York 12883.**

Race Start: **9 AM**, Five Nations Golf, <http://fivenationsgolf.com/> **Course: 5K, 2 mile XC trail run**

NAME _____ AGE _____

GENDER: Male _____ Female _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

I know that running a Trail 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 5 Nations 5K, Five Nations Golf, the Town of Ticonderoga, The Barn at Lord Howe Valley 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 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

Signature _____

Parent signature _____ (If under 18)