



SUNDAY, MAY 30, 2010

LOCATION: Start and finish are at the Copley House, 12032 Main Street (Route 12E), Chaumont, New York. Chaumont is on Route 12E about 13 miles west of Watertown. The course is flat with a few hills. The 12K course is a scenic loop around Point Salubrious.

DATE: May 30, 2010 at 10:00am. Registration will begin at 8:30 and close at 9:45. All runs will begin concurrently.

PRIZES: The first place male and female finishers in both the 5K and the 12K will receive a gift certificate to The Blue Heron restaurant, Chaumont.

ENTRY GIFTS: T-shirts will be given to the first 150 entrants.

ENTRY FEE: \$15 for preregistration and \$17 the day of the race. Please make checks payable to The Lyme Community Foundation.

REGISTRATION: Please fill out the form below, sign the waiver, and mail it to Carrie Fleming, P.O. Box 77, Chaumont, New York, 13622.

RACE INFORMATION: There will be restroom facilities available, but no showers. For additional information call Mike Harris at 315-649-3622 or Carrie Fleming at 315-649-3587.

- OFFICIAL ENTRY FORM FOR LE RACE DE CHAUMONT 5K/12K -
Please return this form to P.O. Box 77, Chaumont, New York 13622

Name:

Age:

Address:

Sex:

Phone:

Entering 1.5 mile walk, 5K run, or 12K run?

T-shirt size (M, L, XL):

Please sign waiver:

In consideration of accepting the entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any an all rights and claims for damages I may have against the race directors, the town of Lyme, The Lyme Community Foundation or Lyme Parks and Recreation Committee for any and all injuries that may be suffered as a result of my participation in the race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signature:

Date:

Parent's Signature (if under 18):

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