



35th Annual Adirondack Distance Run

10 Mile Championship Race

Sunday, June 26, 2011

7:30 a.m.

35 Years and Still Running!

Join the Celebration!

Sponsored in part by:



DESHI Maaya
Indian Cuisine
Lake George, N.Y.



HORNBECK
BOATS



More Race information at www.adirondackrunners.org

Detach and Mail To: The Adirondack Runners, PO Box 2245, Glens Falls, NY 12801

35th Annual Adirondack Distance Run Application

Last Name: _____ First Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Sex: Male Female Date of Birth: _____ Age (Race Day): _____ T-Shirt Size: S M L XL (circle one)

ADK USATF Number: _____ email address: _____ Tele No.: _____

I know that participating in the Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official related to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including but not limited to falls, contact with other participants, spectators or others, the effect of the weather, including heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners or its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release the Adirondack Runners, Road Runners Club of America, the Village of Lake George, Town of Bolton Landing, County of Warren and their agencies and departments and all sponsors and their representatives and successors from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities, I grant permission to the foregoing person and entities to use or authorize others to use any photographs, motion pictures, recordings or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature: _____ Date: _____

Signature of Parent/Guardian (If under 18): _____ Date: _____

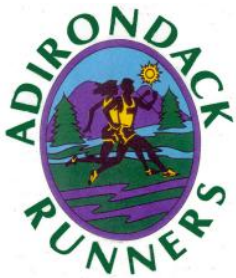
General Entry Fee:	\$30	\$ _____
Adirondack Runner or ADK USATF Member:	\$25	\$ _____
Optional:		
Adirondack Runners Individual Annual Membership	\$16	\$ _____
Additional Tax Deductible Contribution to GF Family YMCA Youth Scholarship		\$ _____
Additional Tax Deductible Contribution to Big Brothers/Big Sisters		\$ _____
Total		\$ _____

• Course is certified to be accurate by USATF/RRTC-Certification number NY07058J6

35th Annual Adirondack Distance Run

Sunday June 26, 2011 7:30 a.m.

- **NO RACE DAY REGISTRATION!** *Pre-Registration by mail or online through active.com*
- Late registration and packet pick up: Saturday, June 25 5:00-7:00p.m. **Lake George Firehouse on Ottawa Street.**
- Packet pick up only Sunday 6:00-7:15 a.m. at **Lake George Firehouse on Ottawa Street.**
- Race Day Transportation: Buses leave Bolton Landing, Main Street at 6:00 a.m. in front of the Town Office building. Last bus leaves Bolton Landing at 6:45 a.m.
- Post Race Transportation: Buses will leave from Main Street beginning 9:30 a.m. Last bus leaves after the award ceremony
- Awards: Awards ceremony 10:30 a.m. Overall male and female top 3. Awards to fastest time for each individual age. Raffle prizes. Awards for every 35th runner.
- Adirondack Distance Run is part of the USA Track and Field Adirondack Grand Prix Road *USAT&F Teams: See team application on line at www.adirondackrunners.org* .To join USATF go to www.usatfdir.org
- USAT&F Awards.....1st Three Male and Female Teams Open, 40-49, 50-59.....1st Three Individual Male and Female Open, 5 year age groups 40 and over. USAT&F Number required for scoring.



35th Annual Adirondack Distance Run

Sunday June 26, 2011

Come Join the Celebration!

Non-Profit Organization
US Postage
Paid
Permit #224
Glens Falls, NY 12801

Adirondack Runners
PO Box 2245
Glens Falls, NY 12801