

36th Annual Adirondack Distance Run

Sunday June 24, 2012

7:30 a.m.

Race Information

- 10 mile Championship Race....Point to Point.....Lake George Village to Bolton Landing
- Awards...1st Three Places Overall Male and Female.....1st Place for Every Age Entered
- T-shirts to first 600 runners.
- **NO RACE DAY REGISTRATION!**
- Registration on line at **areep.com**, by mail or Late registration and packet pick up: Saturday, June 23 5:00-7:00p.m. at Lake George Firehouse on Ottawa Street
- Packet pick up Sunday 6:00-7:15 a.m. at Lake George Firehouse on Ottawa Street.
- Race starts promptly at 7:30 a.m.
- Race Day Transportation: Buses will leave Bolton Landing beginning at 6:00 a.m. from Main Street in front of the Town Office building. Last bus leaves Bolton Landing at 6:30 a.m.
- Post Race Transportation: Buses will leave from Main Street beginning 9:30 a.m. Last bus will leave after the award ceremony
- Roger's Park Beach is available for swimming and picnicking after the race. Restrooms available. No shower facilities.
- Refreshments: Available after the race
- Awards Ceremony: Approximately 10:00 a.m.
- Raffle prizes

USATF Adirondack Information

- Adirondack Distance Run is proud to be part of the USATF Adirondack Grand Prix Road Race Series and serve as the USATF Adirondack 10 Mile Championship
- 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.
- To join USATF Adirondack go to www.usatfadir.org or call 518.273.3552
- Team applications available at www.usatfadir.org or at www.adirondackrunners.org. Applications must be submitted prior to Race Day.
- USATF Adirondack membership number is required for USATF Adirondack Grand Prix Scoring