

"Three Years Running"
ADIRONDACK 5K TRAIL RACE SERIES
AND 20K CHALLENGE
PRESENTED BY:

THE ADIRONDACK RUNNERS
ROZELL INDUSTRIES INC.
LEWIS CRANE SERVICE INC.

DURING THE MONTH OF MAY WE WILL BE HOLDING A FOUR RACE, 5K RACE SERIES IN GLENS FALLS. COME AND JOIN IN THE FUN. WHETHER YOU ARE LOOKING FOR A RACE SERIES FOR SPEED WORK OR ARE NEW TO THE SPORT AND WANT TO RUN IN A RELAXED BUT CHALLENGING ATMOSPHERE. THIS TRAIL RACE SERIES IS LOOKING TO REWARD PARTICIPATION AS WELL AS COMPETITION FOR ALL RUNNERS. COME JOIN US FOR ONE RACE OR, ACCEPT THE 20K CHALLENGE AND RUN IN ALL FOUR EVENTS.

LOCATION: Cole's Woods, (next to the YMCA) Glen St. Glens Falls NY.
REGISTRATION: Pre Registration form below or Day of race from 5-5:45 P.M. Race starts at 6 P.M. sharp on the track next to the YMCA, part of the Glens Falls Rec. Dept.
ENTRY FEE: \$4.00 per race, or, \$12.00 for pre-registration of 4 race 20k Challenge
DATES: May 5, 12, 19, 26, 2009-----Tuesday evenings.
AMENITIES: Each 5K Event: A good workout, times posted and refreshments.
20K Challenge: based on combined times, male and female.
*** 1st places, unique hand made trophy and entry into the
2009 Adirondack Distance Run.
*** 2nd places, entry into 2009 Race The Train Race.
*** 3rd places, entry into 2009 Cole's Woods 2 or 6 Mile Race.
T-Shirts for all 20K Challenge finishers.

INFORMATION: John Ehntholt (518) 793-7913 or Ehntholt1966@aol.com for more details.

Check One: Single 5K Race: \$4 _____ 20K Challenge: \$12 Pre-Reg. or \$16 Day of _____.
Full Name: _____.
Complete Address: _____.
Age on Race Day: _____ Gender: _____ Shirt Size: _____.
Telephone: _____ . Email: _____.

I know that participating in this race/race series is a potentially hazardous activity. I agree I am medically able and properly trained. I agree to abide by any decision of an event official related to safety of myself and others. I am voluntarily entering and assume all risks associated in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of weather, and the conditions of the course, all such risks being known and appreciated by me. 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 City of Glens Falls, and there 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 claims or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities.

Signature: _____ Date: _____.

Make Checks Payable to: The Adirondack Runners

Mail Entries to: John Ehntholt, 82C McDonald St. Glens Falls, NY, 12801