

## Adirondack Distance Run

Starts on Ottawa Street at the Lake George Firehouse, loops around Montcalm Street and heads north on Lake Shore Drive (Route 9N), 10 miles of rolling hills, finishing at Roger's Park on beautiful Lake George.

### Important Race Information

- No race day registration or phone registration
  - On-line entries close June 26th at 9:00 p.m.
  - **Late Registration:** Lake George Firehouse, Saturday June 27th, 5:00-7:00 p.m.
  - Packet pick-up at late registration AND on Sunday, June 28th, 6:00-7:15 a.m. at the Lake George Firehouse
  - Race starts promptly at 7:30 a.m.
  - All runners should expect to finish the race no later than 9:45 a.m. Due to the length of the course, walkers are discouraged.
  - **Parking: No parking at the Roger's Park Beach finish line. Parking is available at the Bolton Town Hall and municipal parking.**
  - **Race Day Transportation:** Buses will leave Bolton Landing beginning at 6:00 a.m. from Main Street in front of the Bolton Town Hall. **Last bus leaves at 6:45 a.m.**
  - After the race, buses will leave from in front of the Bolton Town Hall on Main Street. One bus will remain until the awards ceremony is completed. More bus information will be available at late registrations/packet pick-up.
  - **Safety:** Runners are asked to follow all safety instructions provided during the race. Per USATF regulations, no headphones are allowed. Failure to follow these instructions may result in disqualification or removal by the Race Marshall.
  - **Facilities:** Roger's Park Beach is available for swimming and picnicking after the race.
  - **Refreshments:** Available after the race at Roger's Park.
  - **Awards Ceremony:** Approx. 10:30 a.m. at the Park
  - **Accommodations:**
    - Econo Lodge: [www.econolodgelakegeorge.com](http://www.econolodgelakegeorge.com)  
800-477-3529
    - Lake George Chamber of Commerce:  
518-668-5155
    - Bolton Landing Chamber of Commerce:  
518-644-3831
- For More Information:** [www.adirondackrunners.com](http://www.adirondackrunners.com)  
Marcy Dreimiller, Race Director 518-792-7396  
e-mail: [adirondackrunners@yahoo.com](mailto:adirondackrunners@yahoo.com)

**The Adirondack Runners Distance Run**  
**P.O. Box 2245**  
**Glens Falls, NY 12801**

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



## 33rd Annual Adirondack Distance Run

Sunday June 28, 2009 • 7:30 a.m.  
USATF Adirondack Association 10 Mile Championship

*Sponsored in part by:*



[www.adirondackrunners.com](http://www.adirondackrunners.com)

*Proceeds to Benefit:*

Glens Falls Family YMCA Youth Scholarship Fund  
Adirondack Runners Scholarship Fund



33rd Annual Adirondack Distance Run

Images by Brian Teague



### 33rd Annual Adirondack Distance Run

Sunday, June 28, 2009 • 7:30 a.m.



Pre-Registration by mail or on-line through active.com

**No Race Day Registration-No Telephone Registration**

Late registration and packet pick-up: Saturday, June 27th, 5:00-7:00 p.m., Lake George Firehouse

**Longsleeve T-Shirts to First 600 Entries**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Sex  M  F Date of Birth \_\_\_\_\_ Age (Race Day) \_\_\_\_\_ T-Shirt Size: S M L XL (Please circle)

ADK USATF Number\* \_\_\_\_\_ E-mail address \_\_\_\_\_ Telephone Number \_\_\_\_\_

USAT&F Team: see team application on line at [www.adirondackrunners.com](http://www.adirondackrunners.com)

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 Lake George, Lake George School District, Town of Bolton Landing, Bolton Landing School District, 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. Due to safety concerns and in accordance with USATF policy, headphones/earplugs etc., are prohibited in competition. Failure to comply may result in disqualification from the event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian (if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

**General Entry Fee** \$25 \$ \_\_\_\_\_

**Adirondack Runner Member/Adirondack USATF Member Entry Fee** \$20 \$ \_\_\_\_\_

Optional:

Adirondack Runners Individual Annual Membership \$16 \$ \_\_\_\_\_

Additional Tax Deductible Contribution GF Family YMCA Youth Scholarship \$ \_\_\_\_\_

**Total Enclosed \$** \_\_\_\_\_

**Mail to: The Adirondack Runners Distance Run, P.O. Box 2245, Glens Falls, NY 12801**

**\*Our course is certified to be accurate by the USATF/RRTC - Certification number NY07058J6**



### The 33rd Annual Adirondack Distance Run

Sunday, June 28, 2009

7:30 a.m.

### 10 Mile USATF Championship Race Lake George to Bolton Landing

#### Awards

1<sup>st</sup> Three Places Overall Male and Female

1<sup>st</sup> Place for Every Age Entered -  
Male and Female



#### USATF Adirondack Association 10-Mile Championship Team Awards

★First Three Male and Female Teams Overall★

★First Three Male and Female Masters Teams★

★Masters Team Awards 5 Year Age Groups★

#### USATF Adirondack Grand Prix Road Race Series



Adirondack Distance Run is proud to be part  
of the USA Track and Field Adirondack  
Grand Prix Road Race Series.

\*To join USATF go to [www.usatfadir.org](http://www.usatfadir.org)  
or call 518-273-5552

USATF membership number is required  
for USATF Grand Prix Scoring

Tear Here and Save