



The Adirondack Runners

**THE 33RD ANNUAL ADIRONDACK DISTANCE RUN  
USAT&F 10 MILE CHAMPIONSHIP**

**SUNDAY JUNE 28, 2009 7:30 AM**

**TEAM ENTRY FORM**



**Limited to Members of the Adirondack Association USA Track & Field**

Please submit complete roster with current registration numbers and team names  
Up to 5 runners per team—3 fastest times will be scored

Mail to: Mark J. Regan \* 5 Loren Drive \* Queensbury, NY 12804

Questions? (518) 793-1154

Email: adirondackrunners@yahoo.com

Team Name \_\_\_\_\_

Contact Name \_\_\_\_\_

Contact Email Address \_\_\_\_\_

Contact Phone Number \_\_\_\_\_

USA T&F Club Number \_\_\_\_\_

**Category: Check One Only**

	Open to 39	Masters 40-49	Veterans 50-59	Seniors 60 +
Male	<b>OM</b>	<b>MM</b>	<b>VM</b>	<b>SM</b>
Female	<b>OF</b>	<b>MF</b>	<b>VF</b>	<b>SF</b>

**Individual Roster**

**Official Use Only:**

Name	Adirondack USA T&F Number	Bib #
<input type="text"/>	<input type="text"/>	<input type="text"/>
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*Must be individually registered for the Distance Run / See Distance Run Application for all general race info.  
No Race Day Registration must be registered by Saturday June 27th, 2009 7:00 PM*