

**gfbm**  
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Welcome to the 20th Annual  
**PROSPECT MOUNTAIN ROAD RACE**

Saturday May 09, 2009 9:00 am start

To Benefit Michelle Lafontaine ACC Nursing Scholarship Fund & Camp Under The Woods for Differently Abled Children

REGISTRATION: 7:00 am - 8:30 am sharp!

ENTRY FEE: Adirondack Runners \$17, Non-member \$20, Race Day Everyone \$25

\*Also online @ Active.com

Short sleeve tech wear shirt guaranteed to first 240 runners pre-registered by May 7th

COURSE: 5.67 miles up Prospect Mtn. - Just 1 hill! Starts at the bottom and goes up 1,601 feet to the summit

AWARDS: Top Overall Male & Female and top 3 male and female in the following age groups: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

POST RACE: Pasta Party hosted by The Adirondack Runners. Free to all Runners.

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

REGISTER AT: [www.active.com](http://www.active.com)

FACILITIES: All pre and post events held at Lake George Elementary School (take 87 to exit 21, take left route 9, take right on to 9L, take right onto Sun Valley Rd) plenty of parking, water stations and split times

PARKING INFO: Additional parking is available at Howard Johnson's on Route 9 near the start



A SPEECH PATHOLOGY, OCCUPATIONAL THERAPY AND PHYSICAL THERAPY PLLC

Improving skills of children one child at a time



-----DETACH HERE-----

Prospect Mountain Road Race

All NCAA and USAT&F rules apply

SHIRT SIZE

LAST NAME FIRST NAME MIDDLE INITIAL

SM MED LG XL XXL

# STREET ADDRESS / APT. #

PHONE

CITY STATE ZIP CODE

Age (Race Day) Sex(MF)

AGE GROUPS

1-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+ Wheel Chair

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 relative 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 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 and its 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 persons 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 (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

Official Use Area  
Date Rec. \_\_\_\_\_  
RACE # \_\_\_\_\_

Make Checks Payable to:  
**ADIRONDACK RUNNERS**  
MAIL ENTRIES TO:  
51 Lakewood Drive,  
Kattskill Bay, NY 12844.

<b>ENTRY</b>	\$ _____
<b>ADDITIONAL DONATION</b>	\$ _____
<b>AMOUNT ENCLOSED</b>	\$ _____