



3rd Annual *Adirondack 15K*
Race to the Lakes
June 25, 2022 7:30 AM.

For further
 information:
 518-331-8864

**PACKET PICK-UP : 6:00 -7:00 am SUNY Adirondack Student Center,
 Bay Road, Queensbury, NY. NO RACE DAY REGISTRATION**

**Online registration is encouraged with zippyreg
 Access registration at Adirondackrunners.org**

ENTRY FEE: Adirondack Runners Member \$30, All other Runners \$35

**COURSE: Begins at SUNY Adirondack and makes its way to the Warren County
 Bike Path. The finish line will be Battle Field Park at the foot of
 beautiful Lake George.**

**SHIRTS: Technical, gender specific, running shirts guaranteed to all runners
 preregistered by May 15.**

**AWARDS: Top Three Overall Males & Females and top 3 males and females in
 five year age groups.**

REFRESHMENTS: Four water stops/ Food for all runners at the finish.

**TRANSPORTATION: Buses will be available at the finish to return runners to
 any cars left at SUNY Adirondack starting about 9:00am.**

NOTES: No strollers or dogs allowed for safety reasons.

Masks are mandatory at SUNY Adirondack , on the battlefield and the buses.

The Race Benefits The Backpack Program of the Adirondack Community Outreach Center

Adirondack Run to the Lake 15K

Last Name _____ First Name _____ MI _____ Sex Male Female
 Address _____ City _____ State _____ ZIP _____
 Email _____ DOB ____/____/____ Age Race Day _____
 Phone Number _____ Shirt Size SM M LG XL (gender specific)

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) _____

Entry	\$ _____
Additional Donation	\$ _____
Amount Enclosed	\$ _____

Make Checks Payable to: The Adirondack Runners
Mail Entries to : Sue Nealon, 21 Bay Street, Apt. 205, Glens Falls, NY 12801
Email suzy.nealon@gmail.com