



# Adirondack 7 Mile Race to the Lakes

June 24, 2023 8:00 AM.

For further information:  
518-331-8864

**PACKET PICK-UP : 6:45 —7:45 am SUNY Adirondack Student Center, Bay Road, Queensbury, NY.**

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

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

**Please Note: Race will be limited to 300 runners**

**COURSE: Begins on College Drive 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: Performance running shirts guaranteed to all runners preregistered by May 30.**

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

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

**TRANSPORTATION: Busses will be available at the finish to return runners to any cars left at SUNY Adirondack starting about 9:30 am.**

**NOTE: No strollers or Dogs allowed for safety reasons.**

**The Race Benefits the Adirondack Community Outreach Center and TAR Scholarships**

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 (

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**