

33rd Prospect Mountain Road Race



An Adirondack Runner
Grand Prix Race

AND



2023
GRAND PRIX
SERIES

Saturday, May 13, 2023 9:00AM

To Benefit the Michelle Lafontaine SUNY Adirondack Nursing Scholarship Fund

REGISTRATION: On line Registration is encouraged with **zippyreg**.
Access registration at AdirondackRunners.org

Adirondack Runners \$28, Non-member \$30 ENTRY FEE:

PACKET PICK-UP: 7:00-8:45 At the Mountain on May 13

COURSE: 5.67 miles up Prospect Mtn. - Just 1 hill! Starts at the Prospect Mountain Road gate and goes up a paved access road 1,601 feet to the summit. (Car-pooling cars to the top for the return to the bottom is encouraged)

(No dogs/strollers/bicycles allowed on the course)

SHIRTS: Guaranteed to those registered by April 12, 2023

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

REFRESHMENTS: Water stops on the course/ Snacks at the top

Prospect Mountain Road Race

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
Are You a USATF ADK Member? Yes No If yes, add your USATF 10 digit number _____

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 : Chris Cifone-Clohosey, 101 Bay Street, Glens Falls, NY 12801

Date Received _____

Race Number _____