

Randy's Run

Save the Date

May 20th

Murphy's Mile 8:30

Randy's Run 5K 9:15

Lake George Elementary School

To Register go to

Zippyreg.com

**All Proceeds benefit the class of 2026
and the LGEA Scholarship Fund.**

This race began several years ago to honor Randy, who was a teacher at Lake George Elementary School and passed away suddenly. The Murphy Mile honors Ed Murphy, also a teacher at the LG Elementary school. Ed was an Adirondack Runner and passed away after completing a run with his daughter.

The Race is partially on the bike path and is well supported. We at the Adirondack Runners hope you will consider supporting this race.