

The Adirondack Runners
POLARCAP
 2010

Four Mile Run – Saturday, February 6th 2010 – 10:00 am

Lake George Elementary School

- Registration &** 8:00 – 9:30 am at Lake George Elementary School, Sun Valley Drive
- Packet Pickup:** Lake George (Exit 21 off I87 to Rt. 9 North, right on 9L, go ½ mile, make a right on to Sun Valley Drive)
- Entry Fees:** Preregistered - \$17. (\$15. For Adirondack Runner members) Race day \$20. For all Registration also available through **Active.com**
- Race Information:** Phone – Joanne LaLonde 518-796-9093 Online – www.adirondackreunners.com
 T-Shirts guaranteed to first 200 registered.
- Facilities:** Access to the elementary school cafeteria and bathrooms. No showers
 Hot refreshments after the race at the school
- Awards:** No Duplicates. Age groups – Male and Female – 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over. Walkers – overall 1st – 3rd

-----Detach Here-----

Last Name _____ **First Name** _____

Address _____

City _____ **State** _____ **Zip** _____

Date of Birth _____ **Age on Race Day** _____ **Sex** M F **T-Shirt Size** S M L XL **Walker** Y N

Circle if you volunteer for this race or know someone who can Race Day Registration Safety Kitchen Help Bring Cookies Cleanup

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 cold, 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 Town and 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 (of parent if under 18): _____

Make checks payable to: The Adirondack Runners

Mail entries to: Adirondack Runners (Polar Cap), P.O. Box 2245 Glens Falls, NY 12801