



# The Adirondack Runners



**Four Mile Run – Saturday, February 1<sup>st</sup> 2014 – 10:00 am**

**\*\*NEW LOCATION: Lake George Forum\*\***

**Registration & Packet Pickup:** 8:00 – 9:45am Lake George Forum, 2200 State Route 9, Lake George, NY

**Entry Fees:** Pre-registered \$20 (\$15 for Adirondack Runners members) -- Race Day \$25 for all

**Race Info:** [adirondackrunners.org](http://adirondackrunners.org) or <http://www.facebook.com/events/1435056796706964>

Online registration <http://www.active.com/lake-george-ny/running/polar-cap-4-mile-race-2014>

Email [polarcap@adirondackrunners.org](mailto:polarcap@adirondackrunners.org)

Improved restroom access & warm refreshments!

**Shirts:** Moisture wicking tech shirts to the first 200. NEW: Register PRIOR TO Jan 4th for gender-specific shirts!

After Jan 4th, shirts are unisex. We will try our best, but can not guarantee sizes.

**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

**Race Proceeds to Benefit:** Upstate NY Autism Awareness & Sacred Heart Food Pantry of Lake George

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: M F

Address \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age on Race Day \_\_\_\_\_

E-mail \_\_\_\_\_

**PRIOR TO Jan 4<sup>th</sup>:** Women's Shirt S M L XL **or** Men's Shirt S M L XL **AFTER Jan 4<sup>th</sup>** (Unisex) Shirt Size: S M L 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 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, Lake George Forum, 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 c/o A. Hachem, 6 Bonner Dr, Queensbury, NY 12804

Please contact me about volunteering: Registration Safety Crew Door Prize Donation Cookie Donation Clean-up Crew