



The Adirondack Runners



Four Mile Run – Saturday, February 7th 2015 – 10:00 am

Lake George Forum

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

Entry Fees: Pre-registered \$22 (\$20 for Adirondack Runners members) -- Race Day \$25 for all

Race Info: adirondackrunners.org or <https://www.facebook.com/events/829938123713993>

Online registration <http://www.active.com/lake-george-ny/running/races/polar-cap-4-mile-run-2015>

Email polarcap@adirondackrunners.org

Shirts: *Gender-Specific* New Balance Moisture wicking shirts to the first 200. Register PRIOR TO Jan 10th for guaranteed size/gender.

After Jan 10th, we will try our best, but can not guarantee sizes. Please register early!

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 Alliance & Sacred Heart Food Pantry of Lake George

Last Name _____ First Name _____ Sex: M F

Address _____ Date of Birth ____/____/____

City _____ State _____ Zip _____ Age on Race Day _____

E-mail _____

SHIRT SIZE / GENDER GUARANTEED THRU Jan 10th: Women's Shirt S M L XL or Men's Shirt 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