

32nd Annual
~ Lane 10K Lake Run ~

Bib Number



Sponsored By

**THE ADIRONDACKS SPECULATOR REGION CHAMBER OF COMMERCE
AND CHARLES JOHNS STORE**

LAKE PLEASANT, NEW YORK

Sunday, August 1st, 2010

Registration 9am @ Speculator pavilion/ball field **(see note below)*

Starts: Lake Pleasant Firehouse @ 10am Finish: Speculator ball field

*** Transportation will be provided from the registration site to the race start site**

Entry Fee: \$20 (pre-registration) \$22 (day of race)

10K Course: Accurately measured, shaded with trees, this scenic route follows the south shore of Lake Pleasant. The entire route is 6.2 miles.

Splits: 1st and 4th mile, Aid Stations 2nd and 4th mile.

Awards: Medals for the first three finisher in each age group (male and female), plus 1st, 2nd & 3rd overall (male & female)

GIFTS GUARANTEED FOR THE 1ST 75 ENTRANTS ~ REFRESHMENTS SERVED AFTER THE RACE

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE# _____ - _____ E-MAIL _____

Male Female **Please circle age group!**

14 & under 15 – 19 20 – 29 30 – 39 40 – 49 50 – 59 60 – 69 over 70

RELEASE: (MUST BE SIGNED BY INDIVIDUAL OR PARENT/GUARDIAN IF UNDER 18)

I, the undersigned, hereby desire to enter the Lane 10K Lake Run starting in Lake Pleasant and ending in Speculator, NY, to be held August 1, 2010. I hereby release and discharge Dean Lane, his agents and employees, The Lane Provision Co., The Charles Johns Store, the Village of Speculator and the Town of Lake Pleasant, its agents and employees, and the Adirondacks Speculator Region Chamber of Commerce, it's agents, employees, and volunteers from all claims for injuries and/or property damage sustained by me as a result of my participation in said event.

SIGNATURE _____ DATE _____

PARENT/GUARDIAN _____ DATE _____

Make checks payable and mail entries to:
ASRCC (Adirondacks Speculator Region Chamber of Commerce)
POB 184, Speculator, NY 12164

For information call the Chamber
@ 518/548-4521
www.speculatorchamber.com