



**38<sup>th</sup> Annual Adirondack Distance**  
**USATF ADIRONDACK 10 MILE CHAMPIONSHIP**  
**Sunday, June 22, 2014**  
**TEAM APPLICATION**



**Limited to Members of the USATF Adirondack**

- Please submit complete roster with current registration numbers and team names
- Up to 5 runners per team—3 fastest times will be scored

Mail to: Mark J. Regan 5 Loren Drive Queensbury, NY 12804  
 Questions? (518) 793-1154 Email: mregan2@roadrunner.com

Name	Adirondack USATF No.										Official Use Only Bib Number		

Team Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Contact e-mail address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

USATF Club Number: \_\_\_\_\_

Category (check one only)

Male:    \_\_ Open to age 39   \_\_ Masters 40-49   \_\_ Veterans 50-59   \_\_ Seniors 60+

Female:   \_\_ Open to age 39   \_\_ Masters 40-49   \_\_ Veterans 50-59   \_\_ Seniors 60+

- All participants must be individually entered in Adirondack Distance Run. For registration, go to [areep.com](http://areep.com) or download application from [www.adirondackrunners.org](http://www.adirondackrunners.org)
- No race day registration. Late registration Saturday, June 21 5:00 p.m.-7:00 p.m. Lake George Firehouse. See race application for more details.