



THE Adirondack Runners POLAR CAP



Four Mile Run – Saturday, February 2nd, 2019 – 10:00am
SACRED HEART PARISH HALL, LAKE GEORGE

Registration & Packet Pickup: 8:00 – 9:45am Sacred Heart Parish Hall
 51 Mohican Street
 Lake George, NY 12845

Entry Fees: Pre-registered \$22
 \$20 for Adirondack Runners Members
 Race Day \$25

Race Info: adirondackrunners.org
www.facebook.com/groups/adirondackrunners
Online registration: www.active.com
Email: polarcap@adirondackrunners.org




Course: Begins and ends on West Brook Road in Lake George

Shirts: Short Sleeve Shirts (100% Cotton/Unisex): sizes XS S M L XL 2XL



Awards: 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:  Northern Haiti Sustainability Initiative & Sacred Heart of Lake George Food Pantry
 Please bring non-perishable food items for the 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: _____ 

OFFICIAL USE:

Registration: _____

NHSI Donation: _____

BIB #: _____

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, Sacred Heart Parish Hall, 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 – c/o Craig Bramley, 13C Deer Run Drive, Hudson Falls, NY 12839

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

Craig Bramley: craigbramley@gmail.com

Jennifer Olden: oldenjl@hotmail.com

Race proceeds to benefit:



Northern Haiti Sustainability Initiative

Northern Haiti Sustainability Initiative, Incorporated (NHSI) was founded in an effort to provide a financial foundation for long-term sustainability for schools in Northern Haiti. An unfortunate reality in Haiti is that schools are constructed with no long-term means of sustaining their daily operations. NHSI provides funds and financial training in an effort to properly budget and finance teacher wages, books, school supplies, an on campus water source and a daily meal. An additional goal is to provide teacher training in an effort to raise the quality of education, and ultimately raise each school's ability to perform equal to or better than the National average on all government tests. NHSI requires a rigid budgetary discipline backed by strict expense documentation. In addition, an integral component of each School's long-term success will be the active financial, physical and moral participation of the students' parents and local community.

We need your help to continue the growth at our school in Laguille, Haiti. Our students have come so far in such a short amount of time. Please consider making a donation to our students.



The school in the beautiful mountains of northern Haiti

**\$25 provides a student's books
for the year**

**\$50 provides a daily lunch for
a student**

**\$90 provides a student's
tuition for the year**

**THANK YOU FOR YOUR
SUPPORT!!**



The teachers @ Laguille!!



Classroom Fun!



Lunch Time!!!

If you would like to make an additional donation to NHSI, please use the space on the application to indicate such or visit NHSI.live to donate online. Use our donate tab on the top of the home page.