

2019 ROUTE 50 MILE SPONSORS

MAJOR SPONSOR

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Pioneer Bank

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Jumpin Jack's Drive In
Lori Liebert and Bob Van Vranken

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McDonald's of Glenville
Terry Morris Ford
RF Herkenham Co.
Regular's Liquor Cabinet
Upstate Detailing, Inc.

SPECIAL THANK YOU TO

Billman Ross & Assoc. Inc.
Charlton Septic Service
Designer Interiors of Ballston
Stewart's Shops

6:50 PM, THURSDAY, JUNE 13, 2019

Start: Just North of Gil's Garage and Upstate Detailing, at the intersection of Kingsley Rd. & Route 50, Burnt Hills, NY.

Finish: Designer Interiors of Ballston, across from Stewart's Shop, Rt. 50, Burnt Hills, NY.

There is a drop of 48 ft. over the course of the mile. Split times provided at each quarter mile.

PARKING: Preferred – O'Rourke Middle School, Lakehill Rd. Limited parking may be available at the BH-BL Sr. High School, Lakehill Rd.

BH-BL PBA Flag Day Parade to follow at 7:00 pm

Runner Awards:

Male and Female Age-Graded Winners
TopThree in Each Division: 1-10, 11-14, 15-18,
19-29, 30-39, 40-49, 50-59, 60+.
Overall Men's and Women's Champion

Winners in the adult categories
will receive a prize.

Burnt Hills-Ballston Lake Spartan Award:
Trophies for the top current or former male & female
BH-BL HS runner!

Registration & Number Pick Up:
Day before race 6/12/19: 7a-6p at CAPTAIN CHS office
Day of Race: Begins 5:00pm at starting line.
Ends promptly at 6:30pm.

ENTRY FEES

Postmarked BEFORE 6/7/19:

Individual: \$18
Family of 4: \$40; each additional family member: \$10.

Postmarked AFTER 6/7/19 OR on DAY OF RACE:

Individual: \$20.
Family of 4: \$45; each additional family member: \$12.

Commemorative dri-fit tee-shirts will be given to the first 250 registrants. Please mark your size choice on the entry form!

Free ice cream at finish, courtesy of Stewart's!

ENTRY FORM

Online registration is available on our website at www.captaincares.org. Otherwise, please complete the entry form. A separate form is required for EACH runner.

Enclose payment and mail to or drop off at:
CAPTAIN CHS, 543 Saratoga Rd., Glenville, NY12302.
Please make checks payable to: CAPTAIN CHS

NAME _____

M/F _____ AGE _____ DOB _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

EMAIL _____

PHONE _____

Current/former BH-BL HS runner? Yes _____ No _____

Shirt Type (circle one) Youth Men's Women's
Shirt Size (circle one) S M L XL

FEE:	<u>Before 6/7/19</u>	<u>After 6/7/19</u>
	____ \$18 Individual	____ \$20 Individual
	____ \$40 Family of 4	____ \$45 Family
	____ \$50 Family of 5	____ \$57 Family

Please read and sign: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against CAPTAIN Community Human Services, the Burnt Hills-Ballston Lake Professional Association, any officials or sponsors of the race, their representatives, assessors, and assigns, for all injuries, illness or property loss suffered by me while competing in or traveling to or from this race. I attest and verify that I am physically fit and have sufficiently trained for completion of this race. As a condition of participation in this race, I agree to run without a headset, ear plugs, iPod, etc., of any kind. I give my permission for CAPTAIN Community Human Services to use photos of me taken during the 2019 Route 50 Mile Race for publicity purposes.

Signature

MAJOR SPONSORS



453 SARATOGA ROAD
GLENVILLE, NY 12302
PHONE: (518) 399-4624
FAX: (518) 399-8663

Our Mission: To support and empower people of all ages to reach their goals of personal growth and self-sufficiency. We strengthen communities.

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For more information, please contact Tonya at 518-399-4624 or tonya@captaincares.org, or email Race Director Pete Sheridan at psheridan3@nycap.rr.com.

Results and photos will be posted at www.captaincares.org.

THE 10TH ANNUAL



JUNE 13, 2019
6:50 pm

**Prior to the BH-BL PBA
Flag Day Parade**

**The event supports
the work of CAPTAIN CHS.**

**RUNNER INFORMATION
AND ENTRY FORM**

ROUTE 50 MILE RACE RECORDS

MALE: Greg Kiley 4:15.2 2012
FEMALE: Diane Ryan 4:55.0 2018

AGE GROUP RECORDS

Age	Name	Time	Year
MALES:			
1-10	Ryan Bush	5:43.0	2014
11-14	Gavin Gaynor	4:40.3	2012
15-18	Nicholas Hunziker	4:17.0	2018
19-29	Greg Kiley	4:15.2	2012
30-39	Chuck Terry	4:19.8	2012
40-49	Chris Collins	4:49.0	2014
50-59	Derrick Staley	4:40.0	2010
60+	Bob Giambalvo	5:40.0	2018
FEMALES:			
1-10	Peyton Felix	6:20.3	2015
11-14	Emily Digman	5:21.9	2012
15-18	Becky Martin	5:06.0	2010
19-29	Emily Finnegan	4:57.0	2010
30-39	Diane Ryan	4:55.0	2018
40-49	Tina Greene	5:45.0	2018
50-59	Ann Benson	5:54.0	2018
60+	Martha Degrazia	7:31.0	2018