

2026 SPONSORS

Be a Major, Partnering, or Contributing Sponsor for the 2026 Route 50 Mile!
To sponsor, contact Ava Martin at ava@captaincares.org or call 518.399.4624. Scan the QR code below to see our sponsorship form to learn more about what sponsorship entails.



Form is also available at captaincares.org/route50



CAPTAIN
 Community Human Services

543 Saratoga Road, Glenville NY 12302
 518.399.4624 | captaincares.org

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

For more information:

Jaime Ianniello
 Events & Community Engagement Manager
 518.399.4284 | jaime@captaincares.org

Mike Holley, Race Director
mholl1299@gmail.com

Special thanks to:

BHBL BPA
 Charlton Septic Service
 Designer Interiors of Ballston
 Upstate Detailing, Inc

Results and photos will be posted online at captaincares.org/route50



CAPTAIN
 Community Human Services

JUNE 11, 2026 | 6:50pm

Leading off the BH-BL BPA's Flag Day Parade

**RUNNER
 INFORMATION
 & ENTRY FORM**

RACE RECORDS

MALE: Tyler Berg 4:07.7 2025
 FEMALE: Cara Udvadia 4:49.6 2025

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	Tyler Berg	4:07.7	2025
30-39	Shaun Donegan	4:18.8	2024
40-49	Louie DiNuzzo	4:26.9	2025
50-59	Derrick Staley	4:40.0	2010
60-69	Derrick Staley	5:16.3	2023
70-99	David Roy	6:07.5	2025
FEMALES:			
1-10	Peyton Felix	6:20.3	2015
11-14	Mia Paolino	5:07.0	2019
15-18	Becky Martin	5:06.0	2010
19-29	Cara Udvadia	4:49.6	2025
30-39	Nicole Moslander	4:51.0	2025
40-49	Karen Bertasso	5:03.4	2024
50-59	Ann Benson	5:54.0	2018
60-69	Colleen Brackett	6:24.7	2025
70-99	Martha Degrazia	8:29.9	2022

ENTRY FORM

Online registration available at captaincares.org/route50. Otherwise, please complete an entry form for EACH runner. Enclose payment and mail to or drop off at: CAPTAIN CHS, 543 Saratoga Road, Glenville NY 12302. 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 (circle one)
MENS: Small Medium Large XL
WOMENS: Small Medium Large XL
YOUTH: Small Medium Large

FEE: Before 6/6/26	On or After 6/6/26
___\$22 Individual	___\$24 Individual
___\$55 Family up to 4	___\$60 Family up to 4
___\$70 Family of 5	___\$77 Family of 5

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 CHS, 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 CHS to use photos of me taken during the 2026 Route 50 Mile for publicity purposes.

Signature

Runner Awards:

- Overall male and female champions receive an engraved tumbler
- Age-graded male and female champions receive an engraved tumbler
- Top three runners in each division:
 - 1-10, 11-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-99
 - 1st place male and female receive an engraved tumbler, 2nd and 3rd place male and female receive a medal
- BH-BL Spartan Award: the top male and female current or former BH-BL HS runners receive an engraved tumbler

**Please note all tumblers and medals must be picked up at the race or at CAPTAIN CHS's Glenville office. We are unable to mail awards.*

Entry Fees:

Before 6/6/26:
\$22 Individual
\$55 Family up to four
\$70 Family up to five
(\$15 each additional family member)

On or After 6/6/26 and On Race Day:
\$24 Individual
\$60 Family up to four
\$77 Family up to five
(\$17 each additional family member)

The first 250 registrants receive a commemorative dri-fit-style t-shirt.
**(Sizes not guaranteed after 5/1/26)*

Registration & Number Pick Up:

Wednesday, June 10th:
8am - 6pm, CAPTAIN CHS Glenville office (543 Saratoga Road, Glenville NY 12302)

Day of Race:
8am - 3pm, CAPTAIN CHS Glenville office OR 5pm - 6:30pm at the starting line of the race.

RACE DAY Thursday, June 11, 2026, 6:50pm

Start: Just north of Gil's Garage and Upstate Detailing, at the intersection of Kingsley Road and Route 50 in Burnt Hills NY. Registration is available in the parking lot of Ballston Lake Family Dental at 818 Saratoga Road, Burnt Hills NY 12027.

Finish: Designer Interiors of Ballston, 711 Saratoga Road, Burnt Hills NY 12027- across from the former Stewart's.

Course: There is a drop of 48 feet over the course of the mile. Split times provided at each quarter mile. The course has been fully certified by USATF Adirondack.

Parking: Available at O'Rourke Middle School (173 Lakehill Road, Burnt Hills NY 12027). Limited parking may be available at the BH-BL High School (88 Lakehill Road). Please note the parade setup is at the High School and you may be unable to exit the lot easily.

Parade: The BH-BL Business & Professional Association's Flag Day Parade follows the race at 7:00pm.

At the Finish: Free ice cream!