

## MAJOR SPONSORS



FPI Mechanical, Inc.



**Lori Liebert and  
Bob Van Vranken**

## ROUTE 50 MILE RACE RECORDS

**MALE:** Greg Kiley 4:15.2 2012  
**FEMALE:** Emily Finnegan 4:57.0 2010

### AGE GROUP RECORDS

#### MALES:

Age		Time	Year
1-10	Ryan Bush	5:43.0	2014
11-14	Gavin Gaynor	4:40.3	2012
15-18	Joe Chapman	4:26.0	2012
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+	Paul Bennett	5:44.0	2010

#### 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	Renee Tolan	5:08.0	2014
40-49	Rebecca Bednarek	6:07.7	2017
50-59	Nancy Briskie	5:54.5	2015
60+	Judy Nault	7:45.3	2012



### CAPTAIN CHS

543 SARATOGA RD.  
GLENNVILLE, 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.

### CAPTAIN CHS Board of Directors

Belinda C. Kucharski – President  
Claire Brown – 1st VP  
Bill Long – VP, Programs  
Jim Pugliese – VP, Development  
Jennifer Howard – VP, Treasurer  
Mike Holley – VP, Secretary  
Tom Savino – Immediate Past President

### Board Members

Denise Desmond	Patricia Novo
Patti Ellis	Bob O'Connell
Kate Gurley	Rob Picotte
Lisa M. Lengyel	Joseph Rossi, Jr.
Ashley Mahserjian	Gail Secunda
Terry Mango	

### Student Members

Jake Amell	Molly McCarthy
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**For more information or with questions,  
please call Tonya at 518-399-4624  
or email Race Director Pete Sheridan  
at [psheridan3@nycap.rr.com](mailto:psheridan3@nycap.rr.com).**

**All results will be posted at  
[www.captaincares.org](http://www.captaincares.org).**

## THE 9TH ANNUAL



**FLEET FEET**  
*Sports*

**2018 USATF  
Adirondack Grand Prix**



**JUNE 7, 2018**

**Presented by:**  
**CAPTAIN**  
Community Human Services

**RUNNER INFORMATION  
AND ENTRY FORM**

## 2017 ROUTE 50 MILE SPONSORS

Advanced Aesthetic Dentistry of Glenville  
Advantage Press  
Ambrosino Design  
Billman Ross & Associates  
Bressler Wakesberg Center for Counseling  
The Bonadio Group  
Burnt Hills Chiropractic, Paul Lewandowski, D.C.  
Burnt Hills Hardware  
Burnt Hills Optical  
Burnt Hills Veterinary Hospital  
Dr. Suzanne Brunelle, Psychologist  
CapitalCare Family Medicine  
Charlton Septic Service  
Codino's Foods, Inc  
Designer Interiors of Ballston  
Durst Construction, LLC  
Edward Jones Investments  
Ellms Family Farm  
Elmo's Autobody  
1st National Bank of Scotia  
GeeBee Enterprises LLC  
Gil's Garage  
Goldstock's Sporting Goods  
Holiday Inn—Saratoga  
Hoskinson Orthodontics  
Church of the Immaculate Conception  
Jumpin Jack's Drive In  
Lakeside Farms  
Marshall & Sterling Insurance Group  
Mayfair Jewelers  
McDonald's of Glenville  
Morris Ford-Terry's Rt. 50 Superlot  
Pro Cut Landscaping  
Regular's Liquor Cabinet  
Shank & Falvey Insurance  
John C. Schummer, DDS  
Suburban Services Group  
The Olde Schoolhouse Day Care  
True Living Financial Services  
Upstate Detailing, Inc.  
Van Vranken Law Office

POST RACE  
DRAWING  
FOR GIFT  
CERTIFICATES!

## 6:50 PM, THURSDAY, JUNE 7, 2018

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

**Start:** Just North of Gil's Garage and Upstate Detailing,  
Intersection of Kingsley Rd. & Rt. 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 Burnt Hills Ballston  
Lake Sr. High School, Lakehill Rd.

### Runner Awards:

Trophies for winners, medals for 2nd & 3rd place:  
10 & Under, 11-14, and 15-18

Pint glasses for winners, medals for 2nd & 3rd place:  
19-29, 30-39, 40-49, 50-59, 60+

### Burnt Hills-Ballston Lake Spartan Award:

Trophies for the top current or former male & female  
BH-BL HS runner!!!!

### Day of Race Registration & Number Pick Up:

Begins at 5:00pm at starting line. Closes promptly at  
6:30pm.

### Entry Fees:

Postmarked by 6/2/18:  
Individual: \$15.  
Maximum \$35 per family.

### Postmarked after 6/2/18 or day of race:

Individual: \$18.  
Maximum \$40 per family

Commemorative Dri-Fit T-Shirts will  
be given to the first 200 registrants!!

Free ice cream cones at finish—  
courtesy of Stewart's!

## ENTRY FORM

Also available on our website: [www.captaincares.org](http://www.captaincares.org)  
You can also register through [Zippyreg.com](http://Zippyreg.com) (Route 50 Mile)

Please complete the entry form. A separate form is required for  
**EACH** runner. Enclose payment and mail to:

CAPTAIN CHS, 543 Saratoga Rd., Glenville, NY 12302.

Please make checks payable to: CAPTAIN CHS

NAME \_\_\_\_\_

M/F \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

If you are currently a USATF member, member # \_\_\_\_\_

Are you a current or former BH-BL High School Runner?  
☐ Yes ☐ No

Shirt Size (circle one) Youth Medium S M L XL

Fee \$15 \_\_\_\_\_ Individual \$18 \_\_\_\_\_ Late Individual

Enclosed \$35 \_\_\_\_\_ Family \$40 \_\_\_\_\_ Late Family Registration

**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, I-Pod, etc. of any kind.

I give my permission for CAPTAIN Community Human Services to  
use photos of me taken during the 2018 Route 50 Mile Race for  
publicity purposes.

\_\_\_\_\_  
Signature of participant or parent/guardian if participant is  
under 18