

## 2024 SPONSORS

### Major Sponsors

Ballston Spa National Bank (BSNB)  
Burnt Hills Veterinary Hospital

### Partnering Sponsors

Burnt Hills - Ballston Lake Rotary Club  
Capital Area Roods

FC4 Inc.

Grace Fellowship

Infinity Edges

Robert and Lori Liebert Van Vranken  
Morris Ford Inc.

Regular's Liquor Cabinet

RF Herkenham Co.

### Contributing Sponsors

1st National Bank of Scotia

Burnt Hills Optical

Church of the Immaculate Conception

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Gee Bee Enterprises, LLC

Gil's Garage Inc.

IBEW Local 236

Immersion PT - Megan James

J&J Super Seal, LLC

Jumpin' Jack's Drive-In

Lakeside Cider Mill Farm Inc.

Terry Mango

Mayfair Jewelers and Silversmiths

MJP Heating & Cooling

Newell Family Insurance Agency, LLC

Our Lady of Grace Church

Pro-Cut Landscape Services Inc.

Scotia Rotary Club

Congressman Paul D. Tonko



# CAPTAIN

Community Human Services

543 Saratoga Road, Glenville, NY 12302  
518.399.4624 | [captaincares.org](http://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  
518.399.4624 | [jaime@captaincares.org](mailto:jaime@captaincares.org)

Pete Sheridan, Race Director  
[psheridan3@nycap.rr.com](mailto:psheridan3@nycap.rr.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](http://captaincares.org/route50)



# CAPTAIN

Community Human Services

## JUNE 13, 2024 | 6:50 pm

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

## RUNNER INFORMATION & ENTRY FORM



**2024** |||||  
**GRAND PRIX  
SERIES** |||||

[captaincares.org/route50](http://captaincares.org/route50)

To sponsor the Route 50 Mile, please visit [captaincares.org/route50](http://captaincares.org/route50)

### ROUTE 50 MILE RACE RECORDS

MALE: Ross Wightman 4:11.1 2019  
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	Ross Wightman	4:11.1	2019
30-39	Chuck Terry	4:19.8	2012
40-49	Ramon Dominguez	4:46.3	2023
50-59	Derrick Staley	4:40.0	2010
60-69	Derrick Staley	5:16.3	2023
70-99	Dan Brown	9:44.2	2023

### 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	Emily Finnegan	4:57.0	2010
30-39	Diane Ryan	4:55.0	2018
40-49	Marta Dauphinee	5:27.2	2019
50-59	Ann Benson	5:54.0	2018
60-69	Martha Degrazia	7:31.0	2018
70-99	Martha Degrazia	8:29.9	2022

## 6:50 PM, THURSDAY, JUNE 13, 2024

**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 7:00 pm.

**Finish:** Free ice cream

## Runner Awards:

Winners in youth categories (age 1-18) receive a trophy. Winners in adult categories (age 19-99) receive an engraved Route 50 Mile tumbler. All others receive medals.

- Overall Men's and Women's Champion
- Male and Female Age-Graded Winners
- Top three in each division: 1-10, 11-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-99
- BH-BL Spartan Award: Trophies for the top current or former male and female BH-BL HS runner!

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

## Registration and Number Pick Up:

*Wednesday, June 12th:*

8:00 am - 6:00 pm  
at

CAPTAIN CHS's Glenville office  
(543 Saratoga Road, Glenville, NY 12302)

*Day of Race:*

8:00 am - 3:00 pm at Glenville Office

Begins at 5:00 pm at the starting line and ends promptly at 6:30 pm.

## Entry Fees:

Before 6/8/24:

\$20 Individual; \$50 Family up to Four  
(\$13 each additional family member)

*On & After 6/8/23 and Race Day:*

\$22 Individual; \$55 Family up to Four  
(\$15 each additional family member)

The first 250 registrants receive a commemorative dri-fit-style t-shirt.

*\*Sizes not guaranteed after May 1, 2024.*

## ENTRY FORM

Online registration available at [captaincares.org/route50](http://captaincares.org/route50)

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, NY 12302.

Please make checks payable to: CAPTAIN CHS

NAME \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

USATF MEMBER: Yes \_\_\_ No \_\_\_ MEMBER#: \_\_\_\_\_

Current/former BH-BL HS runner? Yes \_\_\_ No \_\_\_

Shirt (circle one)

Mens: Small Medium Large XL

Womens: Small Medium Large XL

Youth: Medium Large

FEE: Before 6/8/24 On & After 6/8/24

\_\_\_\_\_\$20 Individual \_\_\_\_\_\$22 Individual

\_\_\_\_\_\$50 Family up to 4 \_\_\_\_\_\$55 Family up to 4

\_\_\_\_\_\$63 Family of 5 \_\_\_\_\_\$70 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 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 2024 Route 50 Mile Race for publicity purposes.

\_\_\_\_\_  
Signature