

2023 SPONSORS

Major Sponsors

Immersion PT - Megan James
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Adirondack Trust Company
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Jumpin' Jack's Drive-In, Inc.
Terry Mango
Newell Family Insurance Agency
Pro-Cut Landscape Services, Inc.
Upstate Detailing, Inc.
Wendy's Nail Spa

To sponsor the Route 50 Mile, please visit captaincares.org/route50



CAPTAIN

Community Human Services

543 Saratoga Road, Glensville, 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:

Meryl Einbinder
Community Engagement & Events
518.399.4624 | meryl@captaincares.org

Pete Sheridan, Race Director
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



CAPTAIN

Community Human Services

JUNE 8, 2023

6:50 pm

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

RUNNER INFORMATION & ENTRY FORM

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	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	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+	Martha Degrazia	7:31.0	2018

6:50 PM, THURSDAY, JUNE 8, 2023

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 19-80) 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+
- 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 7th:

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 6/3/23:

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

On & After 6/3/23 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, 2023.*

ENTRY FORM

Online registration available at 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 _____

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 6/3/23 On & After 6/3/23

____ \$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 2021 Route 50 Mile Race for publicity purposes.

Signature _____