

ARE's Inaugural Run & Tube Day

Yep, ARE's back at it with more frun!

9:00am

Saturday, July 17, 2010

Lake Luzerne, NY

Held in conjunction with ARE-EP Trail Running Camp

RUN & TUBE DAY? EXPLAIN!

This event is simply for frun—although perhaps we should call it frubing. We'll kick things off with a group run of about 4.5 miles along a mostly dirt road that eventually ends adjacent to the Hudson River. At that point, you'll have to grab a tube (provided) and then sail a few miles down the river before partaking in our catered lunch!

SO IT'S NOT A RACE?

Not at all! There won't be a clock nor awards, just you and 119 of your closest ARE friends!

SWEET, I'M GAME! NOW WHAT?

Well, if you're attending Trail Running Camp, you're already in! You'll be able to fill the paperwork out at camp and you'll be all set.

If you won't be at camp, you can sign-up online at www.AREEP.com (Click the event on the general schedule.) Please note that there is an additional waiver you must print and bring and with you. This is specifically for Adirondack Tubing, the company that is providing the tubes.

As this event is limited to 120 participants, and **will** fill **very** quickly, we are not accepting paper applications. When the race is filled, online registration will be shut-down.

REGISTRATION — \$30 (NON-REFUNDABLE)

Your registration fee covers the run, the tubing (with the tube included), as well as the catered lunch and a bus ride back to the starting area.

Registration is only available online at www.AREEP.com
Registration will be closed when we reach 120 participants.

DIRECTIONS

Take the Adirondack Northway (I-87) to exit 21.
It's the Lake George/Lake Luzerne exit.
Take left off of exit to Rt 9N South.
The Adirondack Tubing place is on the right about 7 miles.

FINAL NOTES/WHAT TO BRING

You must wear something on your feet while tubing. The ARE will provide vans to transport supplies between the start of the run and the start of the tube. You may utilize this service to avoid running carrying sandals and to keep your running shoes dry.

You should bring a complete change of clothes, a towel, and dry clothes. A hat and sunglasses may also come in handy. Also, make sure to not leave your smile at home, it will be required to start the run.

The run will start at 9am with the tubing portion around 9:45-10am. We anticipate the event ending in the early afternoon, at which time campers will be shuttled back to Dippikill while others must fend for themselves (or simply get in their cars and go home.) We also anticipate this being like the coolest thing you'll do all summer. :)



Free for Trail Running Camp Attendees

Full Catered Lunch After the Frube!

Only online registration accepted

Limited to 120 participants and will fill!



For more information about this event or Trail Running Camp, visit www.AREEP.com