



INAUGURAL  
**CAMP CHINGACHGOOK CHALLENGE**  
**HALF-MARATHON & 10K RACE**  
**AND FAMILY FUN DAY**



**SATURDAY, AUGUST 8, 2009**

**HALF-MARATHON START: 8AM 10K START: 9AM**

- Course:** **Half-Marathon** starts at the Lake George Elementary School  
Runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook  
**10k** is an out and back course, along Lake George's beautiful east shore  
Starting and finishing at Camp Chingachgook
- Transportation:** Free bus transportation will be provided from Camp Chingachgook to the race start before the race, as well as transportation back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 10, 2009, \$40 after July 10 or day of race  
**10k** – \$20 if received by July 10. \$30 after July 10 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 10, 2009
- Awards:** Prizes for Top 3 male and female overall finishers  
1<sup>st</sup> place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+  
Prizes for each race. No duplication of prizes
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to [www.AREEP.com](http://www.AREEP.com)  
Or, return the bottom portion to: AREEP, PO Box 38195, Albany, NY 12203  
For more information: visit AREEP.com, cdymca.org or email [info@areep.com](mailto:info@areep.com)



**Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Event:  ½ Marathon  10k      Gender:  M  F      Age on day of race: \_\_\_\_\_      Date of Birth: \_\_\_ / \_\_\_ / \_\_\_\_\_

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 have may have against Albany Running Exchange Event Productions (AREEP), Camp Chingachgook, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, has sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP and/or Camp Chingachgook to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (18 or under)