



## Route 50 Mile Race Records

### **Overall Male**

Alex Grout 4:122.3

### **Overall Female**

Megan Reynolds 5:43.0

### **14 and Under Male**

Andrew Loeffler 5:13.0

### **14 and Under Female**

Anastasia Monsen 5:56.5

### **15-18 Male**

Evan Welsh 5:17.0

### **15-18 Female**

Alexandra Finocchio 6:14.3

### **19-29 Male**

Alex Grout 4:22.3

### **19-29 Female**

Megan Reynolds 5:43.0

### **30-39 Male**

Chris Mulford 4:53.6

### **30-39 Female**

Jessica Hageman 6:06.9

### **40-49 Male**

Russ Hoyer 5:20.2

### **40-49 Female**

Marcia Cooper 7:34.7

### **50-59 Male**

Derrick Stanley 4:43.4

### **50-59 Female**

Judy Nault 7:21.9

### **60+ Male**

Ernie Paquin 6:11.2

### **60+ Female**



## COMMUNITY HUMAN SERVICES

543 SARATOGA RD.

GLENVILLE, NY 12302

PHONE: (518) 399-4624

FAX: (518) 399-8663

***Our Mission:*** To provide or facilitate services for families and individuals, including education, skill building, referral, or other support, by bringing together professional staff, volunteers, and the broad community.

### **CHS Board of Directors**

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WEBSITE:

[www.chsny.org](http://www.chsny.org)



The 2ND ANNUAL  
**ROUTE 50**  
**MILE**  
**RACE**

Presented by:  
**Community Human  
Services**



**RUNNER  
INFORMATION  
AND ENTRY  
FORM**

**2010 Route 50 Mile Sponsors:**

- Adam McNeill Financial Planning
- Ballston Spa National Bank
- BH-BL Business & Professional Association
- Burnt Hills Chiropractic, Paul Lewandowski, D.C.
- Burnt Hills Hardware
- Burnt Hills Veterinary Hospital
- Capital Care Charlton
- Charlton Septic Service
- Church of the Immaculate Conception
- Codino's Foods, Inc
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- Elmo's Autobody
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- Marshall & Sterling Insurance Group
- Peking Wok Chinese Restaurant
- Regular's Liquor Cabinet
- Dr. John C. Schummer, DDS
- Shank & Falvey Insurance
- Suburban Services Group
- Terry Morris Auto Group
- Upstate Detailing
- Van Vranken Law Office



**6:50 pm, Thursday**

**June 10, 2010**

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

**Start:** Just North of Gil's Garage, 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:** Top Male & Female Runner. Age Group Awards—Top Three in Each Division: 0-14, 15-18, 19-29. **New for 2010: Additional Age Groups added: 30-39, 40-49, 50-59, 60+.**

**Day of Race Registration & Number Pick Up:** Begins at 6 pm day of race at starting line.

**Entry Fees:** Postmarked by 6/1/10: \$10/person. Maximum \$25 per family.

**Received after 6/1/10 or day of race:** \$12/person.

**Commemorative T-Shirts will be given to all runners!!**

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

For more information or with any questions, please call CHS: 399-4624, or email Pete Sheridan at:

psheridan3@nycap.rr.com



**Entry Form:**

**Also available on our web site: [www.chsny.org](http://www.chsny.org)**  
Please complete the entry form. A separate form is required for **EACH** runner. Enclose payment and mail to:  
CHS, 543 Saratoga Rd.,  
Glenville, NY 12302.

**Please make checks payable to:**

**Community Human Services**

NAME \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

EMAIL \_\_\_\_\_

**(Address will be used by CHS only to forward race results and information).**

PHONE \_\_\_\_\_

Shirt Size (circle one) S M L XL

Fee Enclosed \$ 10 \_\_\_\_\_ Individual

\$12 \_\_\_\_\_ Late Registration

\$25 \_\_\_\_\_ Family

**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 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.

\_\_\_\_\_  
**SIGNATURE**