

**A CELEBRATION OF NORTH COUNTRY PUBLIC RADIO'S  
40<sup>TH</sup> ANNIVERSARY**

**40km and 20km Adirondack Trail Run/Walk**

**Saturday, May 10, 2008**

**9:00 a.m.**

**The VIC at Paul Smiths, NY**

It'll be after the snow and before the black flies when North Country Public Radio celebrates its 40<sup>th</sup> anniversary on the trails at the Visitor Interpretive Center in Paul Smiths, NY. Join us for a scenic loop course on soft, dry, bark-surfaced trails.

Runners and walkers will be treated to a deluxe event with commemorative t-shirts, water and sports drink on the course, prizes, music and a post-race lunch.

Bring the whole family to enjoy the day. Events include a short fun run for kids, special programs at the interpretative center and a make-your-own sandwich lunch with special desserts for \$5.00 (\$40 registration fee covers *your* lunch).

Registration is \$40 until May 3<sup>rd</sup>. Late registrants pay a \$50 fee. For directions to the race, places to stay, training advice and updates go to [ncpr.org](http://ncpr.org). For more information contact Kelly Trombley at 1-877-388-6277 or [kelly@ncpr.org](mailto:kelly@ncpr.org)

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Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

How many for lunch? \_\_\_\_\_

Tee-shirt size S M L

Event: 40km run, 40km walk\*, 20km run, 20km walk

Fee for all events is \$40 (includes lunch for participants - \$5 for guests)

\*An early start will be available for walkers.

**WAIVER**

In consideration of this entry being accepted, I hereby release North Country Public Radio and The New York State Adirondack Park Agency Visitor Interpretive Center (VIC) at Paul Smiths from any injuries, from my participation in this footrace, I also attest to being physically able to complete the event entered.

Signature and date: \_\_\_\_\_ Parent's signature if applicant under 18: \_\_\_\_\_

Mail this form and the \$40 registration fee plus \$5 for each additional person for lunch to:

40<sup>th</sup> Anniversary Trail Race  
Kelly Trombley  
North Country Public Radio  
St. Lawrence University  
Canton, NY 13617