



MAY DAY 10K & 5K-9

MAY 04, 2025
ON THE ADK RAIL TRAIL

MEET OUR
SPOKESUP,
GUS!



CATEGORIES
10K
UNDER 21, 21-45, 45+
5K-9
WITH DOGS, WITH STROLLER,
WITHOUT DOGS U10, 11-20, 21-45, 45+

APPEARANCE BY
NORTH COUNTRY
DRONE SEARCH
& RECOVERY

6PM START

BIKE LAKE PLACID
455 OLD MILITARY RD

**10K START AT
FOWLERS CROSSING
(SHUTTLES PROVIDED)**



**SCAN TO
REGISTER**

**FINISHER PARTY AT
BIKE LAKE PLACID**

6:30 - 8:45

**WITH GAMES, MECHANICAL BULL,
FREE FOOD, BEER, GIVEAWAYS,
& AWARDS CEREMONY**

**OUR CHARITY
PARTNERS**



ups THE UPS STORE



Man Beast

