



## Press Release

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### For Immediate Release:

## **Pace yourself and Experience the Adirondack Coast and Lake Champlain *Adirondack Coast Running Round Up***

**Plattsburgh, NY– 2/25/2015** – With four distinct seasons, countless bodies of water and mountains galore, options for outdoor adventure on the Adirondack Coast are endless. The region's rugged beauty and spectacular views can be enjoyed with all types of outdoor recreation and running is no exception.

2015 running competitions on the Adirondack Coast include:

### **Plattsburgh Half Marathon**

April 26, 2015

Base Oval, Plattsburgh, NY

[plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.com)

*About the Race:* The 6<sup>th</sup> Annual Plattsburgh Half Marathon travels 13.1 miles through the beautiful city of Plattsburgh and raises money for Team Fox for Parkinson's research. After participant's finish the race they can join the after-party with food, live music and prizes at the city recreation center. Only 1,000 runners can participate so early registration is encouraged.

### **The Biggest Loser Runwalk**

May 31, 2015

City Hall, Plattsburgh, NY

[biggestloser.com/runwalk](http://biggestloser.com/runwalk)

*About the Race:* From the first-time runner to the elite athlete, participants are encouraged to get off the couch and hit the pavement with The Biggest Loser Half Marathon/5K. The course winds through historic downtown Plattsburgh and along Lake Champlain. This race is a chip-times race for participants tracking personal goals with special awards given to the top runners and walkers. This event will also include a one-mile race for ages 4-12 hosted by Kids Fit Foundation. After the race, participants, family and friends can celebrate and relax at the post-race concert featuring former "Biggest Loser" contestant and Nashville recording artist, Dan Evans.

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### **Tour de Force Charity Run**

August 23, 2015

Point Au Roche State park, Plattsburgh, NY 12901

[adirondackcoastevents.com](http://adirondackcoastevents.com)

The Tour De Force Charity was started in 2002 by two N.Y.C. Detectives to raise money for the victims of the September 2001 Terrorists Attacks. The Tour De Force Charity will be sponsoring a Half Marathon, 10k and 5k run at the PointAu Roche State Park. This will be an out and back course bringing runners along the Lake Shore road with scenic views of Lake Champlain throughout the route. All finishers will receive a finisher's medal and enjoy the after-race party. 10 percent of the money raised will be donated to the Sean Collier Scholarship which helps put an MIT police officer thru their recruit academy.

### **Rockeater Adventure Race**

September 19, 2015

Crete Civic Center, Plattsburgh, NY

[rockeateradventurerace.com](http://rockeateradventurerace.com)

*About the Race:* The Rockeater Adventure Race has 5 kilometers of extreme obstacles, rough terrain, mud and fire that will make participants run for their life. The race pushes participants to their limits along the City Beach, Heritage Trail, Scotion Creek and the Crete Civic Center with over a dozen obstacles including fan-favorites like the mud pit, tunnel crawl, scramble net, water wading, and fire jumping. Participants are encouraged to wear a costume adding an extra element of fun with prizes for the best costumes. Event entertainment and music will be provided throughout the race and after-race party. Food, drinks, and vendors will be available for both participants and spectators.

### **PenAir North Country Honor Run 5K**

October 3, 2015

Plattsburgh International Airport, 42 Airport Lane, Plattsburgh, NY 12903

[flyplattsburgh.com](http://flyplattsburgh.com)

PenAir along with Plattsburgh International Airport (PBG) will host a unique 5k Run & Walk at Plattsburgh International Airport. Runners will complete a one of a kind 5K, running along PBG's runway while supporting the North Country Honor Flight, a non-profit organization based out of northern New York dedicated to providing World War II Veterans free travel to the World War II Memorial in Washington, DC.

### **Octoberfest Half Marathon and 10k**

October 10, 2015

Peru Fire Department, 753 Bearswamp Road, Peru, NY

[runoctoberfest.com](http://runoctoberfest.com)

*About the Race:* Participants will enjoy an exhilarating run through Peru's apple country while surrounded by the breathtaking views of the Adirondack Coast's fall foliage at the Octoberfest Half Marathon and 10k. Runners can expect plenty of rolling hills along paved country roads, though the elevation changes are mostly gradual, the course rises from a low point of about 200 feet above sea level just past the mile 2 marker to a peak elevation of about 480 feet between the mile 5 and 6

markers. After the race participants can enjoy the post-race party where there will be plenty of food, drinks and entertainment. Proceeds from the race will go to benefit the Pulmonary Fibrosis Foundation.

For a full list running events taking place on the Adirondack Coast this year visit [goadirondack.com/events](http://goadirondack.com/events).

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#### **About the Adirondack Coast Visitors Bureau**

The Adirondack Coast Visitors Bureau, a division of the North Country Chamber of Commerce, was established in 1994 as the official tourism promotion agency for the travel and tourism industry in Clinton County, NY. Based in Plattsburgh, NY, the Adirondack Coast Visitors Bureau contributes to the county's economic development and quality of life by promoting the region as a destination for leisure and group travel with a particular focus on history, agriculture and outdoor recreation including cycling, paddling, fishing, boating and skiing. For more information about Clinton County tourism, please contact the Adirondack Coast Visitors Bureau at 518.563.1000, visit [goadirondack.com](http://goadirondack.com) or log onto [Facebook.com/AdkCoast](https://www.facebook.com/AdkCoast).