



Press Release

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For Immediate Release:

Adirondack Coast Running Round Up

Pace yourself and Experience the Champlain Valley and Lake Champlain

Plattsburgh, NY– 3/19/2013 – 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.

2013 running competitions on the Adirondack Coast include:

Plattsburgh Half Marathon

April 21, 2013

Base Oval, Plattsburgh, NY

plattsburghhalfmarathon.com

About the Race: The 4th 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

June 9, 2013

City Hall, Plattsburgh, NY

biggestloser.com/runwalk

About the Race: The Biggest Loser RunWalk is hosting a Premier Destination race in Plattsburgh. From the first-time runner to the elite athlete, participants are encouraged to get off the couch and hit the pavement with a 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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Rockeater Adventure Race

September 21, 2013

Crete Civic Center, Plattsburgh, NY

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 by 99.9 The Buzz throughout the race and after-race party. Food, drinks, and vendors will be available for both participants and spectators.

Octoberfest Half Marathon and 10k

October 12, 2013

Peru Fire Department, 753 Bearswamp Road, Peru, NY

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.

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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 or log onto [Facebook.com/AdkCoast](https://www.facebook.com/AdkCoast).