



Mission Statement

AdLib Inc. is a non-profit organization whose mission is to empower people with all types of disabilities to live more independently and have control of their own lives.

See Your Picture Here!



AdLib, Inc.
215 North Street
Pittsfield, MA 01201

Place
Stamp
Here



A3 - Sport Challenge for All People

Come Join the Fun at...
The Ashuwillticook Trail
At Farnum's Road Cheshire, MA
Sunday July 19, 2009
Rain or Shine

Hosted By

Berkshire Bike Path Council
To Benefit

The AdLib Sports Program

For Complete Race Details
and to register...

Log on to www.adlibcil.org
or contact us at:

Adlib Inc.

215 North Street

Pittsfield, MA 01201

1-413-442-7047 1-800-232-7047

People representing disabilities of all types are encouraged to participate. Each team is required to include a person with a physical limitation.

FARNUM'S CHALLENGE

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The goal of the annual Farnum's Challenge is to promote independence and healthier lifestyles for persons with disabilities. The proceeds will aid these athletes to gain access to sports and recreational opportunities that many would not otherwise get.

Registration

Registration will be limited to the first 10 Teams to register..... So act fast!! Fees include exclusive Challenge T-shirt, lunch and awards ceremony immediately following the race. Deadline to register is Friday prior to event. There are no race day registrations. Team captains must sign-in and pick up team race packets on race day from 9:00 a.m. to 9:30 a.m. Entry fee is \$100 per team. Teams may choose to raise the fee through sponsorship.

OTHER INFORMATION

Violations of any of the course rules or the general race rules may lead to disqualification. Each team is responsible for it's own equipment, transportation and support. Parking will be available at Farnum's Crossing and may be limited, so please arrive early. Please coordinate with teammates as necessary. Any racer or team requiring special assistance must contact the race committee prior to the race. Kayaks can be substituted in "iron" categories only!

Course Information

LEG 1—RUN/ROLL

Equipment: Proper attire for a race on pavement whether on foot or using a wheelchair. Your race bib must be worn visible to the official.

Course: Start time is 9:30 a.m. Approximately 2.6 miles long. The course will begin at Farnum's Crossing and travel south to the end of the trail near the Berkshire Mall entrance. There will one (1) water stop at Berkshire Village, "the church" crossing. You are responsible for knowing the course. Please use caution as the trail will be open to public use! Pass the team wristband to the biker/cyclist at the south end of the trail. The run leg must be completed by 10:00 a.m.

LEG 2—BIKE/CYCLE

Equipment: Helmets are mandatory. Bikes and hand-cycles must be in good condition and appropriate for riding on pavement. Your race bibs must be visible to officials.

Course: Approximately 5 miles long. You will receive the team wristband from your runner at the south end of the trail. The bike leg begins at the south end of the trail and heads north to the north end boat ramp. You are responsible for knowing the course. The trail will be open to the public. Participants need to use caution when passing other racers or recreational trail users. Pass the team wristband to the team canoeist at the north end of the trail. The run leg must be completed by 10:30 a.m.

LEG 3—CANOE

Equipment: Coast Guard approved PFD's, canoes and paddles provided. Canoeists must use single blade paddles. Race bibs must be worn by each canoeist and be visible. There will be safety boats on the course and buoys used as course guides.

Course: Approximately 2.4 miles long. The canoe leg begins at the north end boat ramp paddling south to Farnum's Crossing, where one canoeist shall come ashore and cross the finish line. The other canoeist will move canoe as quickly as possible from the finish line to yield to other competitors. There will be volunteers to assist! The canoe leg must be completed by 11:00 a.m.



Family and friends are welcome to bring a picnic lunch to enjoy during the award ceremony.

