



ADC 2019 EVENTS & START TIMES

Event and Age Categories	Start Time	Distance	Awards	Event Fees	Timed Event
25-Mile Bike Tour	7:00 AM	25 Miles	<ul style="list-style-type: none"> • Finisher Medal -All 	\$25	No
100K Bike Tour	7:00 AM	62.1 Miles	<ul style="list-style-type: none"> • Finisher Medal –All 	\$35	No
5K Run – Male/Female X>19; 20-29; 30-39; 40-49; 50-59; 60+	7:30 AM	3.1 Miles	<ul style="list-style-type: none"> • Finisher Medal - ALL • 1st, 2nd, and 3rd place medal per age category for Male and Female • Overall Winner Female & Male 	\$25	Yes
10K Run – Male/Female X>19; 20-29; 30-39; 40-49; 50-59; 60+	7:30 AM	6.2 Miles	<ul style="list-style-type: none"> • Finisher Medal - ALL • 1st, 2nd, and 3rd place medal per age category for Male and Female • Overall Winner Female & Male 	\$35	Yes
Kids 1 Mile Run – Male/Female 12 Years and Under	9:30 AM	1 Mile	<ul style="list-style-type: none"> • Finisher Medal - All 	Free	No

- No on-site registration for any events