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**CONTACT:** Emily Ransom  
Leader  
652-546-6006  
eransom@leaderenterprises.com

**Join the Ragnar Nation in the Adirondacks, Ragnar Relay's newest race**

The overnight relay company that makes testing your limits a team sport  
announces its updated New York race.

**KAYSVILLE, UT November 15, 2011** – Ragnar Relay Series ([www.ragnarrelay.com](http://www.ragnarrelay.com)), the nation's top provider of overnight running relay races, announces *Ragnar Relay Adirondacks*, which will take place from September 28-29, 2012. This new course will replace *Ragnar Relay New York* and showcases the beauty of the Adirondacks, just a short drive from the Metropolitan New York area.

For the past three years *Ragnar Relay New York* was held on the second weekend of May. A fall race will give runners the opportunity to experience fall foliage in the Northeast. Vans of runners will start the new course in Saratoga Springs, run along the Hudson and Adirondack Lakes, through the region of Lake George and finish in Lake Placid, New York.

"We are excited to partner with *Ragnar Relay Adirondacks* for this event. The partnership will bring an economic boost and feature our beautiful region on a national scale to the sports & fitness industry," said Saratoga Convention and Tourism Bureau President, Todd Garofano. Ragnar Relay partners with local towns, communities and charities to create a weekend that both fitness enthusiasts and towns will remember and gain benefits.

"Each year we reassess our race courses to ensure we are bringing the best race to Ragnar participants," said Race Director Courtney Mitchell. "In evaluating *Ragnar Relay New York* we decided to change the course to take advantage of the Adirondack region with its brilliant foliage and tree lined streets." Mitchell said that nearly 65% of the course runs along the water adding to the beauty of the course.

Ragnar Relay encourages its participants to break the chains of traditional running races by dressing up, decorating their vans, creating life-long memories and having a blast for 30 plus hours. Each Ragnar Relay course is 180 to 200 miles long, divided into 36 legs. Each participant runs three of the 36 legs, in consecutive order. A slap bracelet acts as the relay baton that runners hand off after their section of the course. This leapfrogging pattern continues to the finish where teams are greeted with a finish line party worthy of such stamina, courage and teamwork. Hundreds of teams across the nation have joined together to take on the Ragnar challenge. Join the overnight running relay series that tests the limits of you and your friends over 200 miles. Registration is now open for *Ragnar Relay Adirondacks*. For additional information, visit [www.ragnarrelay.com/race/adirdonacks](http://www.ragnarrelay.com/race/adirdonacks).

**About Ragnar Events, LLC**

Ragnar Events, LLC was co-founded in 2004 by Dan Hill and Tanner Bell. The idea to run an overnight 24+-hour relay across the mountains of Utah was a lifelong dream of Dan Hill's father. The dream became reality when Dan Hill and his childhood friend Tanner Bell organized the first Wasatch Back Relay, spanning 188 miles from Logan to Park City, UT in 2004. Since 2004 the

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Ragnar Relay Series has grown from a single relay in Utah to the largest overnight relay series in the nation. The Ragnar Relay Series now has 15 races nationwide and is growing every year. Ragnar Events, LLC is based in Salt Lake City, UT and managed by co-founders Dan Hill and Tanner Bell. Visit [www.ragnarrelay.com](http://www.ragnarrelay.com) for race dates and exact locations. Follow Ragnar Relay on Twitter: [www.twitter.com/ragnarrelay](https://www.twitter.com/ragnarrelay).

The Saratoga Convention & Tourism Bureau is an independent, not-for-profit destination marketing organization with the mission of attracting group business to the Saratoga area and to serve as a liaison between group buyers and local businesses. Visit [www.discoversaratoga.org](http://www.discoversaratoga.org)