



Frequently Asked Questions

1. **What does the Uihlein–Ironman Sports Fund support?**
This fund provides financial support to both competitive athletes in the greater Lake Placid/Olympic Region with regional, national and international promise, as well as nonprofits, schools and municipal programs that involve area youth in traditional sports.
2. **Who can apply for support?**
All applicants must live in or represent a town or school in the Lake Placid/Olympic Region. Young athletes who are 15 or older and in need of assistance. Nonprofits, schools or municipal programs working to involve young local athletes in competitive sports may also apply. (Please note: athletes who have moved to Lake Placid to train must have at least three years of residency. Part-time OTC residents are not eligible to apply.)
3. **How do I apply for support?**
Applications must be submitted through our [Online Grants Manager](#). Individuals must select and complete the “Uihlein-Ironman Sports Fund for Individuals” form; all others must use the “Uihlein-Ironman Sports Fund for Nonprofits” form.
4. **How often will applications be accepted?**
Once a year. The application deadline is typically in early August. [Check the website for exact dates.](#)
5. **Who reviews the applications?**
An advisory committee with members from the Henry Uihlein II and Mildred A. Uihlein Foundation, Ironman/World Triathlon Corporation, and the Lake Placid community. Grant recommendations are made to the Adirondack Foundation Board of Trustees.
6. **I’m a student, can my parents help me with my application?**
Athletes must complete these applications in their own words. Some parental assistance is OK with financial information.
7. **As an individual applicant, do I need to provide any references?**
Yes. You are required to submit one coach recommendation. We strongly encourage you to contact your coach ahead of time for two reasons: 1. to ensure he or she can provide a recommendation and 2. to have a conversation about what this funding opportunity means to you.
8. **If I am a college student participating in my college division athletic program, am I eligible to apply?**
That depends. Applicants in programs that are additionally supported by their college/school will be considered on a case-by-case basis.
9. **Are there any specific programs that the Fund is looking to support?**
The Fund is focused on supporting local individual athletes that struggle to stay competitive in their sport due to financial constraints, as well as nonprofits, schools or municipal programs that introduce kids to competitive sports and healthy lifestyles. Scholarships, travel, equipment, race entry fees, training costs, and program support are among the eligible expenses. Requests for tuition assistance are not supported.
10. **Do I really need to submit a six-month report on how the money was used?**
Yes. Each grant recipient is required to report back to Adirondack Foundation as to how these funds were used. Failure to do so will prohibit applying the following year and could harm chances for future funding.