



Thirteenth Annual  
**DANBY DOWN & DIRTY**  
**10K & 20K TRAIL RUNS**



**Danby State Forest, Danby, NY**  
 Both Races part of Finger Lakes Trailrunners Circuit  
 Sunday, October 10, 2010—9:00 a.m.

These runs are on sections of the Finger Lakes Trail (FLT), Abbott Loop, and dirt roads in the Danby State Forest. This event is sponsored by the Finger Lakes Trailrunners Club.

**WHERE.....** The start/finish is about 2.4 miles south of Danby on Michigan Hollow Road where the main Finger Lakes Trail (white blazes) crosses Michigan Hollow Road; see map & directions on back. Park only on the west (right) side of the road.

**WHEN.....** Arrive at the start/finish before 8:30 a.m. The race starts at 9:00 a.m.

**ENTRY FEE.....** \$12 if postmarked by Monday, October 4. Thereafter, including race day, \$15. FLRC members may deduct \$2 for preregistration only – no race day discount! Students 18 and under pay half the above fees; FLRC membership discount (preregistration only) is applied before half price discount. **Please preregister!**

**COURSE RECORDS...** **Women's 20K:** Yvette DeBoer; 1:41:19 (2009) **Women's 10K:** Gillian Sharp; 50:35 (2001).  
**Men's 20K:** Eric Sambolec; 1:29:36 (2008). **Men's 10K:** Ian Golden; 41:47 (2007)

**BRING.....** If the weather is hot, we **strongly** advise carrying drink. Cold weather could also be a problem. If it is cold bring warm clothes for after the race to prevent hypothermia. For after the race, bring a lawn chair, clothing, and a cooler with your own favorite drink if you don't want the non-alcoholic refreshments that we'll provide.

**TRAIL CONDITION.....** The courses consist of 50% narrow hiking path, 20% logging roads, and 30% dirt roads. The trail is marked with painted orange or white blazes on trees, double blazes at turns and cleared of brambles, but is often wet and/or covered with leaves.

**SHOWERS/REST ROOMS.....** Port-A-Johns will be available near the start/finish, but there are no showers or changing facilities. *No littering and no exposed human refuse!*

**REFRESHMENTS.....** We'll have water, apple cider, and other goodies at the finish.

**AID STATIONS..... 10K:** There will be one aid station approximately midway. **20K** runners will pass this aid station twice, plus one at approximately 10k, and two others. Aid station map will be available on race day.

**DIRECTIONS TO THE RACE FROM ITHACA .....** Take 96B south out of Ithaca, passing Ithaca College. Continue south to the town of Danby, (about 6 miles). Go 0.5 mile past Danby Market, turn right on Michigan Hollow Road. Proceed south for 2.5 miles to the start of the race (see map on back). **From Owego:** take 96 north toward Ithaca. In Candor, continue straight on Rte 96B into Danby. Just past 40 mph zone, turn left onto Michigan Hollow Rd. Proceed south for 2.5 mi. to start of race.

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**ENTRY FORM: DANBY D & D 10K & 20K TRAIL RUNS---SUNDAY, OCT. 10, 2010---9:00 AM---PLEASE PRINT**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Gender \_\_\_ Age \_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

Entry Fee: (\$12 pre-entry by Oct 4; \$15 post-entry; see discounts above under entry fee: \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Entering which distance run? (You may switch during the race.) Circle one: 10K 20K

Family member/friend wish to help race day (finish, aid stations, other)? \_\_\_\_\_

**SIGN WAIVER ON BACK & mail with check payable to FLRC, to: DOWN & DIRTY, c/o Andy Jordan, 105 Cascadilla Pk, Ithaca, NY 14850**

**SEE OVER⇒**

Down

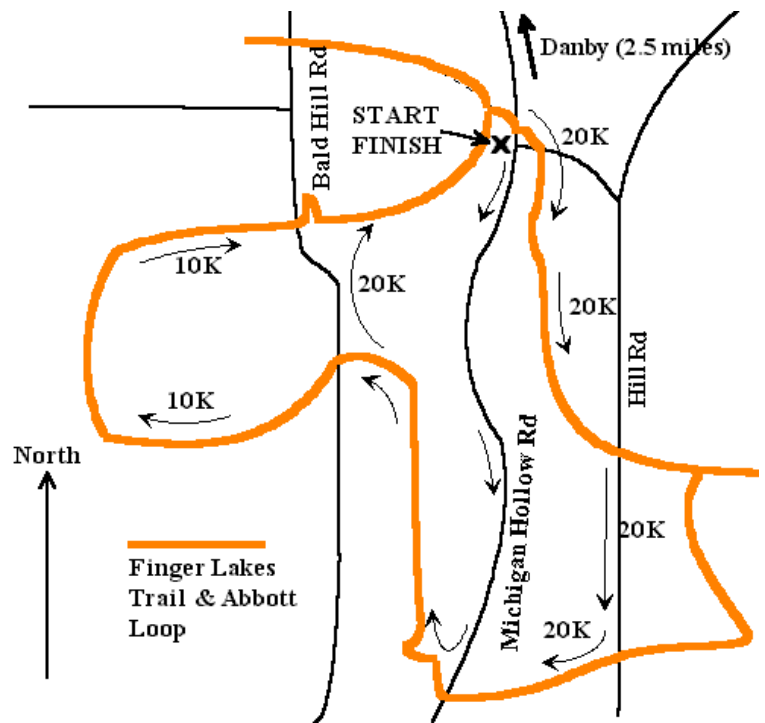
# DANBY DOWN & DIRTY 10K & 20K TRAIL RUNS

Sunday, October 10, 2010—9:00 a.m.

Dirty

**COURSE.....** The course is either on the Abbott Loop (**orange blazes**) Finger Lakes Trail (**white blazes**) or dirt road (**dirt road**). Intersections and turns will be marked prior to the race with flagging tape, chalk, ribbon, and/or cones as needed. The race starts on Michigan Hollow Road, 2.5 miles south of the town of Danby. 10K and 20K runners start together and proceed south on Michigan Hollow Road for about 1.5 miles. Just past a low-lying area, the Abbott Loop Trail crosses Michigan Hollow Road; turn **right** onto the trail.

The southern section of the Abbott Loop Trail (**orange blazes**) proceeds along a glen and crosses a stream. You will follow a gully then climb an old road up to Bald Hill Road, approximately 1.7 miles from the trailhead. Cross Bald Hill Road and continue climbing upwards for one mile until you reach the Pinnacles. Run past the wild blueberries and azaleas. On a clear day, sacrifice a few seconds to take in fall-blooming witchhazel and the multi-county view from the Pinnacles. Then prepare to plummet down hill on a sometimes headlong, sometimes switchback trail. About 0.7 miles from the Pinnacles, you will come to Bald Hill Road. Turn **right** and run along Bald Hill Road for about 175 feet, then turn **left** to continue on the Loop. The trail descends into a valley, climbs over a short, but steep hill, then descends to pass along the edge of a swampy area. About 1.3 miles from the second crossing of Bald Hill Road, you will join the Finger Lakes Trail (**white blazes**), then cross a bridge. Shortly after crossing the bridge, you will cross Michigan Hollow Road, continue a short ways further on the Finger Lakes Trail. **If you are running the 10K, turn right on the next dirt road and sprint to the finish.**



**If you are running the 20K,** cross the dirt road and continue on the FLT (**white blazes**). All intersections will be marked with flagging tape. You will follow the FLT along rolling terrain for about 1.4 miles. When you come to Hill Road (**dirt**), **turn right** and proceed south for about 0.4 mile until it intersects with the Abbott Loop (**orange blazes**). Run along the Abbott Loop as it follows old logging roads and runs along the edge of ravine. About 0.9 mile from the intersection with Hill Road, the Abbott Loop crosses Michigan Hollow Road. You will begin retracing the route for the 10K - except this time you will not visit the Pinnacles. Instead, when you come to Bald Hill Road, **turn right** and run north for 0.3 miles then **turn right** back onto the Abbott Loop Trail. Once again you will be retracing the 10K loop. Cross Michigan Hollow Road on the Finger Lakes Trail for a short ways and at the next dirt road turn right and sprint downhill to the finish.

**MORE INFO.....** Contact race directors: Andy Jordan ([ajordanpt@verizon.net](mailto:ajordanpt@verizon.net)) or Shelly Marino ([shelly@chezmyers.com](mailto:shelly@chezmyers.com) , 277-7161). **FLRC Website:** [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org). Find **results** at this website within several days after the race.

**WAIVER:**

I, the undersigned accept full responsibility for myself and for any injuries I may incur during this Danby Down & Dirty Trail 10K & 20K Run. I have read both pages of this application and I fully understand that participating in this event may be dangerous to my health. Sprained ankles, cuts, bruises, broken bones, insect bites, lacerations inflicted by sticks or barbed wire, collisions with high-speed vehicles, and heat exhaustion or heat stroke are real possibilities. I have trained sufficiently for this event. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Finger Lakes Trail Conference, Cayuga Trails Club, New York State Department of Environmental Conservation, Road Runners Club of America, Niagara Athletic Congress, TAC/USA, any agency within the state of New York, or any volunteers responsible. My actions and mishaps are accountable to no one but myself. I agree to withdraw from the race if so instructed by a race official. I fully understand that there will be no medical or rescue personnel on the course. I grant the race organizers the free use of my name and any photos or videos of me for any use related to the race that they see fit. I acknowledge that my entry fee is not refundable, even if the race is canceled by an act of nature or man.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
If under 18 parent or guardian must also sign. *The race directors reserve the right to reject any entries for any reason.*