



Eleventh Annual
DANBY DOWN & DIRTY 10K & 20K TRAIL RUNS
 Danby State Forest, Danby, NY
 Both Races part of Finger Lakes Trailrunners Circuit
 Sunday, October 12, 2008 - 9:00 a.m.



www.DanbyDownAndDirty.info

These runs are on sections of the Finger Lakes Trail in the Danby State Forest. This event is sponsored by the Finger Lakes Runners 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 our web site. Park only on the west (right) side of the road. (See our web site for a Google Maps link to direct you right to the start/finish line!)

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 6. Thereafter \$15; including race day. Make check payable to FLRC. FLRC members may deduct \$2. Students 18 and under pay half the above fees; FLRC membership discount applied before half price discount. **Please pre-register!** "Danby Down & Dirty" long sleeve technical running shirts available for an additional \$18; only guaranteed for the first 65 requests. (The shirts were very popular last year!)

COURSE RECORDS: Women's 20K: In 2007, Yvette DeBoer set the 20k recorded with 1:43:27, lowering her own 2001 course record by 55 seconds. **Women's 10K:** In 2001, Gillian Sharp set the 10k course record of 50:35. **Men's 20K:** Eric Sambolec broke his own 2006 20k time by 27 seconds, lowering the record to 1:30:22. **Men's 10K:** The men's 10k record was lowered by Ian Golden in 2007 to 41:47.

WEATHER: The average high temp for Ithaca in October is 59.1 degrees. The average low is 38.6 degrees. Running conditions for previous Danby Down & Dirty races can be viewed by looking at race results online.

More Info On Other Side

ENTRY FORM: DANBY D & D 10K & 20K TRAIL RUNS - SUNDAY, OCT. 12, 2008 - 9:00 AM
PLEASE PRINT

Name _____ Phone _____

Gender _____ Age On Race Day _____ Birthdate _____ Email _____

Address _____

City, State, Zip _____

Entry Fee: (\$12 pre-entry by Oct 6; \$15 post-entry; see discounts above under entry fee): \$ _____

Optional Long Sleeve Tee Shirt (specify): [M] [L] [XL] CIRCLE ONE / add \$18: \$ _____

Total Enclosed: \$ _____

Circle the distance you intend to run (you may switch during the race): 10K 20K

Family member/friend wish to help race day (finish, aid stations, other)? YES NO

SIGN WAIVER ON BACK & mail with check **payable to FLRC**, to:
DOWN & DIRTY, c/o Katie Aldridge, 4325 State Route 228, Alpine, NY 14805

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FACILITIES: No changing facilities or showers are available. Two Port-A-Johns will be available.

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. You will find the race trails well marked with chalk paint and flagging tape.

REFRESHMENTS: We'll have water, warm apple cider, fresh doughnuts, Ithaca Beer & Soda Company products and other goodies at the finish.

AID STATIONS: 10K: There will be 1 aid station approximately mid-way. **20K:** Runners will pass 4 aid stations throughout their run. See map on <http://www.DanbyDownAndDirty.info> for details.

DIRECTIONS TO THE RACE FROM ITHACA: See www.DanbyDownAndDirty.info for a Google Maps link to direct you right to the start/finish line! 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 45 mph zone, turn left onto Michigan Hollow Rd. Proceed south for 2.5 mi. to start of race.

COURSE: See our web site for a downloadable map with concise course directions.

MORE INFO: Visit our web site at www.DanbyDownAndDirty.info or contact race directors: Dave Burbank Dave@DanbyDownAndDirty.info or Katie Aldridge Katie@DanbyDownAndDirty.info or call (607) 387-9773.

FLRC Website: www.fingerlakesrunners.org. Results will be posted at www.DanbyDownAndDirty.info and at www.fingerlakesrunners.org

ACCOMMODATIONS: If you are looking for a place to stay in Ithaca, we recommend you use one of the many online resources. Also, check www.visitithaca.com

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 may 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. *We reserve the right to reject any entries for any reason.*