



Fifth Annual

# EMPIRE HAVEN

## FOUR-LEAF CLOVER POKER RUN

4.8, 9.2, 12.3, and 16.8 miles – Only 16.8 miles counts in the Poker Run

**Saturday – July 30, 2005 at 8 AM - Summerhill New York**

Only 4.5 miles (Loop #4) and 16.8 miles (all loops) are part of the Finger Lakes Trailrunners Circuit

**COURSE:** Wooded trails, shaded single-lane dirt roads and some asphalt highway running. Four loops that start and finish on the grounds of Empire Haven. Elevation changes 200± feet. Three water stops will be located on the course. Loop #1 -- 4.8 miles (25% trail/75%) road; Loop #2 -- 4.4 miles (60% trail/40% road); Loop #3 -- 3.1 miles (50% trail/50% road); Loop 4 -- 4.5 miles (80% trail/20% road). Official times will be available for those runners running Loop #4 first/only and those runners running Loop #1 through Loop #4 consecutively for 16.8 miles. Unofficial times will be available for all other runners running any number of loops in any order.

**WHERE:** The start and finish of each cloverleaf will be at the Pavilion on Empire Haven grounds close to the parking area.

**WHEN:** Saturday July 30, 2005. Race starts at 8 AM. Same day registration is from 7:00 to 7:45 AM.

**ENTRY FEE:** Basic entry fee is \$6 if postmarked by Monday July 25; thereafter \$10, including race day. Add \$1 for participation in the POKER RUN EVENT (see "POKER RUN DETAILS:" on other side). Make check payable to FLRC. FLRC members may deduct \$2. Students 18 and under pay half the basic entry fee; membership discount applied before half price discount. NO REFUNDS. T-shirts may be available for purchase at the race. Because Empire Haven is a family oriented Nudist Park; any runner who wishes to participate in this event must be 18 years of age or older or accompanied by an adult family member.

**FACILITIES:** There will be tent/RV and lodging sites available for a fee – call 315-497-0135 for prices and reservations. Overnight guests will be entitled to use Empire Haven facilities, including sauna, hot tub, pool, tennis, clubhouse, etc. and participate in weekend activities. Showers and toilets will be available to the runners.

**NOTE:** *EMPIRE HAVEN is an Adult/Family Oriented Nudist Park. While participants in this event are not required to be nude and cannot participate nude they may encounter park members who are nude throughout the park.*

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**ENTRY FORM: Empire Haven Clover Poker Run - Saturday July 30, 2005 - Please Print**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex \_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Birthdate \_\_\_\_\_

City & State \_\_\_\_\_ Zip \_\_\_\_\_ Email: \_\_\_\_\_

Which distance do you expect to run (you may change during the race)? \_\_\_\_\_

I wish to enter the Poker Run (*See other side; add \$1 for individual or each team member*): Yes \_\_\_ or No \_\_\_

I plan to run Loop #4 or all four loops for Trailrunners Circuit credit: Yes \_\_\_ or No \_\_\_ If Yes, which? \_\_\_\_\_

Possible BBQ Chicken Dinner at Noon – Tickets available at Park Club House

**Total \$ enclosed** \_\_\_\_\_

SIGN WAIVER ON BACK & mail so entry received by July 25 with entry fees (see "Entry Fee" above) [FLRC members may deduct \$2; students see "Entry Fee" above)] --- **payable to FLRC**, to:

**Empire Haven Clover Run, c/o FLRC, Box 4984, Ithaca NY 14852-4984**

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Fifth Annual  
**EMPIRE HAVEN**  
**FOUR LEAF CLOVER POKER RUN (4.5 to 16.8 Miles)**  
**Saturday July 30, 2005-- 8 AM**

**EVENT:** This event is designed to introduce roadrunners to trail running and to give trail runners a technically simple, fast course through the Finger Lakes area. Participants who wish to obtain credit for the Finger Lakes Trailrunners Circuit must run either the 4-th loop or all four loops consecutively. All other participants can run any loop or any number of loops in any order. Official times will be for Trailrunners Circuit runners, but times will be available for all participants. Prizes may be awarded for first place finishers, male and female, in the open category and in the masters category for the 4-th loop and all four loops races only

**POKER RUN DETAILS:** Each runner who wishes to participate in this part of the event must submit an additional \$1, which will go into a pot for the winner/s. The poker run can be done by an individual or by a team of 2 to 4 runners. Four loops must be completed by the individual or by the team in order to obtain enough cards. You/the team will have one card to start and will obtain an additional card for each loop completed for a total of five cards. The winning hand will take the pot. The pot will be divided in the event of a tie. Pot last year was \$20.

**DIRECTIONS TO EMPIRE HAVEN:** **From DRYDEN** - take Rte 13 North to Rte 38. Follow Rte 38 through Groton to Locke NY the intersection of Rte 90. Turn right on Rte 90 and proceed to the top of the hill and look for the Summer Hill Town Hall on your right at the intersection of Rte 90 and Lick Street. Turn Left on Lick Street and proceed 2.5 miles to Sun Lane. *Turn left. This is the road to the entrance of Empire Haven, which will be on your right about 1/5 of a mile from Lick Street.* **From CORTLAND** - Follow 281 North to Homer and the intersection of Rte 281 and Rte 90. Turn left on Rte 90 and proceed approx. 8 miles to the Town of Summerhill. The Summerhill Town Hall will be on your left at the intersection of Rte 90 and Lick Street. Turn right on Lick Street and proceed 2.5 miles to Sun Lane on your left. See above for further instructions. **From I-81 North and I-81 South** - Get off at exit 12 and proceed to the end of the off ramp which will be Rte 281. Turn right on Rte 281 **and** proceed about 1/4 mile to the intersection of Rte 90 and Rte 281 and follow the directions as listed under From Cortland.

**MORE INFO:** Call race director Doug Kibby (315) 497-3040 or email: winker58@peoplepc.com

**RESULTS:** Will be on the FLRC Website within several days after the race: [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)

**WAIVER:**

I, the undersigned accept full responsibility for myself and for any injuries I may incur during this Clover Leaf Trail 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 County, New York State, Department of Environmental Conservation, Road Runners Club of America, Empire Haven, 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. **WARNING:** It is possible to sprain ankles, break bones, or encounter insects such as deer flies, ticks or yellow jackets (carry medication if allergic). Trail running requires agility of foot and the talent to keep one eye on the trail and the other on the trail markers. Many will get lost momentarily--if you see no markers ahead of you go back! You must be wary of high-speed vehicles on roads and at road crossings. HEAT could be a problem this time of year--watch for symptoms of heat exhaustion. No medical team will be on hand. You might wish to carry your own drink if 3 to 5 miles is too far between water stops.

Date \_\_\_\_\_ Signature \_\_\_\_\_

If under 18 parent or guardian must also sign. We reserve the right to reject any entries for any reason.

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