



Twenty-second Annual

# FINGER LAKES FIFTIES

25K, 50K, & 50 Miles – 1292', 2384', & 3754' climb  
Saturday July 3, 2010 6:30 AM for 50K & 50M; 8:00 AM for 25K

FINGER LAKES NATIONAL FOREST, Hector, NY



All Races Part of Finger Lakes Trail Runners Circuit. 50K & 50M races are scoring events for WNY Ultra Series.

**SPONSORS....** Finger Lakes Runners Club, Western NY Ultra Series (www.wny-ultra.org), Hammer Nutrition, Rooster Fish Brewing.

**WHERE....** The start is at the entrance to the POTOMAC CAMPSITE, in the Finger Lakes National Forest.

**WHEN....** 50K and 50 mile races start at 6:30 AM; 25K starts at 8:00 AM. Please pick up your race number on Friday evening from 4-7 PM at the campsite/race headquarters, or Saturday morning from 5 AM to 6 AM for 50K & 50M races; 6:30 AM to 7:30 AM for 25K.

**ENTRY FEE..... RECEIVED BY 6/25:** \$45 for 50K or 50M; \$35 for 25K. **RECEIVED AFTER 6/25 & race day:** \$55 for 50K or 50M; \$45 for 25K. FLRC members may deduct \$2; those 18 and under pay half the regular entry fee. Make checks payable to FLRC.

**DIRECTIONS TO THE POTOMAC CAMPSITE....** From Ithaca, take Rte 79 west towards Watkins Glen. At the foot of the hill where Rte 79 meets Rte 227, take a right turn to Reynoldsville. Follow signs for the Finger Lakes National Forest-- You'll be on Potomac Rd. From the north, take Rte. 414 south past Hector; you'll see signs for the Forest. FOLLOW THOSE SIGNS. You'll be on Picnic Area Rd. Take that road to the "T" with Potomac Rd. and make a left turn to the campsite. From Watkins Glen, go east on Rte 79. Just past Burdett, take a left on County Rte 4 / Logan Rd. until you intersect with Picnic Area Rd. at the stop sign in Logan Rd. Take a right turn and follow the above directions.

**DESCRIPTION....** The 50K, 50-miler, & 25K will use the same loop course, starting and finishing at the POTOMAC CAMPSITE located off Potomac Road. You will be doing multiple loops in the FINGER LAKES NATIONAL FOREST,

utilizing forest trails, roads and pastures. While racing across grazing pastures, watch for the cows and cow pies. There will be short stints on shaded, dirt roads. Cooling ponds will be located sparingly along the trail. The course for the 50-miler consists of an initial 15.69-mile loop, plus two complete 15.53-mile loops and a final 3.48-mile loop. The 50K entrants will do the same 15.69-mile first loop, plus one circuit of the 15.53-mile loop. The 25K will be one 15.69-mile loop.

**COURSE....** See map on other side. Maps will also be posted at the start/finish area at the Potomac Campsite. Remember, this should be a fast course as shown on the contour map.

**PASTURES....** You will go through CATTLE GRAZING PASTURES. All gates must be secured behind you. We will have rope loops to place over the post. We cannot let the cows out under any circumstances. And please do not step on any red newts!

**IF EXCESSIVE HEAT or HUMIDITY....** The race director reserves the right to cancel the 50-miler, leaving the 50K and 25K.

**CUT-OFFS....** For the 50 miles: during the second full loop you must pass through the finish line **AND START loop #3** within 7 hours and 30 minutes from the start of the race. If you are over this time, you must stop and be recorded as a 50K finisher. No cut-off for 50K or 25K.

**WARNINGS....** Heat exhaustion, sprained ankles, yellow jacket stings and lacerations are all possible during the run. Collisions with cattle, horses and vehicles are a possibility. You may get lost momentarily -- if you see no blazes or markers ahead of you, look back. If you see no blazes or markers behind you, go back! We are using orange arrows at intersections. *If temperatures exceed 80 degrees, you must carry a water bottle or be disqualified.*

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## ENTRY FORM: FINGER LAKES FIFTIES -- SATURDAY July 3, 2010 6:30 & 8:00 AM -- PLEASE PRINT

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

“TRAIL BEAST” T-SHIRTS: **\$10 each.** (Order by May 10, 2010, to *guarantee* size; all others available on first-come, first-served basis. Please indicate size.) [S] [M] [L] [XL] number \_\_\_ x \$10.00 = \$ \_\_\_\_\_

ENTRY FEE – See above \$ \_\_\_\_\_

EXTRA COOKOUT DINNERS: **\$10** per person: number \_\_\_ x \$10.00 = \$ \_\_\_\_\_

TOTAL ENCLOSED: \$ \_\_\_\_\_

WHICH RACE DO YOU EXPECT TO RUN? 50K \_\_\_\_\_ 50 MILES \_\_\_\_\_ 25K \_\_\_\_\_ (CHECK ONE)

SIGN WAIVER ON BACK & mail so entry is received by deadline date with correct fee (payable to

FLRC), to: **Finger Lakes Fifties, c/o Christine Reynolds, 57 Irish Hill Road, Newfield, NY 14867 OVER =>**



Western New York Ultra Series



**AID STATIONS....** We'll have chips, pretzels, M&Ms, fig newtons, PB&J sandwiches, cola, sports drink and water at all 5 aid stops. Aid stops are about 3 miles apart. Please consider carrying reusable water bottles/hydration systems to help reduce cup trash. *No littering; those found littering will be disqualified.*

**RESTROOMS & SHOWERS....** No showers; restrooms are located at the start and on the course at the Blueberry Patch Campsite and at the Horse Campsite.

**PRE-RACE PASTA FEED....** Sorry . . . no pasta feed. A list of local restaurants can be found at <http://f150sultraz.blogspot.com>.

**MORE INFO....** Chris Reynolds, 607-564-1804, or e-mail [f150s@yahoo.com](mailto:f150s@yahoo.com). Website: [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org). Ongoing race updates, entry confirmations & info available at <http://f150sultraz.blogspot.com>. Results at [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org) and [www.wny-ultra.org](http://www.wny-ultra.org).

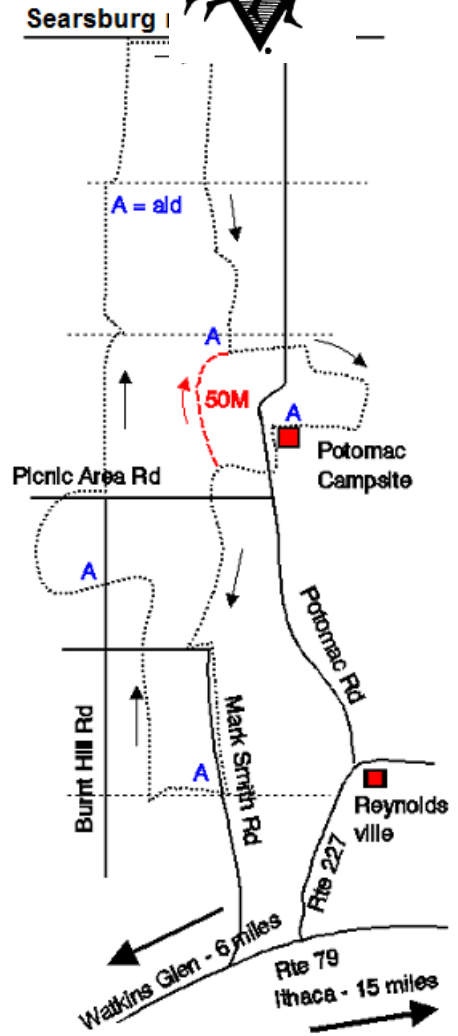
**FOOD/DRINK AT THE START & FINISH...** Entrants get free coffee, juice and muffins before the race. Entrants also get a **FREE POST-RACE MEAL**. You may purchase extra coupons for your family. We will provide non-alcoholic beverages only.

**CAMPING...** There will be free camping available at the Potomac Campsite. We have reserved the campsite for Thursday, Friday and Saturday nights. Or you may camp elsewhere in the Forest at your own cost. **If you bring your dog, you are responsible for supervising it and keeping it on a leash AT ALL TIMES.**

**MOTELS & B&B'S....** Contact Schuyler County Chamber of Commerce, 100 North Franklin Street, St. Rt. 14, Watkins Glen NY 14891, 800-607-4552, <http://www.watkinsglenchamber.com>, or e-mail [info@watkinsglenchamber.com](mailto:info@watkinsglenchamber.com).

**AWARDS....** Special awards for the open, masters & age-group winners.

**COURSE RECORDS....** **25K:** Chris Byler 1:42:06, Katherine (Danner) Aldridge 2:03:57; *Masters:* Eric Grimm 1:47:40, Linda Grossman 2:06:15. **50K:** Michael Wunsch 3:50:28, Rebecca Harman 4:37:13; *Masters:* Courtney Campbell 4:13:17, Nancy Kleinrock 4:52:38. **50-miles:** Leigh Schmitt 6:38:46, Aliza LaPierre 7:28:41; *Masters:* Jack Pilla 6:55:33, Barb Bellows 8:17:12



**WAIVER:** I, the undersigned, accept full responsibility for myself and for any injuries that I may incur during these Finger Lakes Fifties Trail Runs. I have read both pages of this application and I fully understand that participating in this event maybe dangerous to my health. Sprained ankles and wrists, cuts, bruises, broken bones, insect bites, animal bites, encounters with barbed wire and cattle, hypothermia and heat exhaustion are all real possibilities. I fully understand that there may be no medical or emergency personnel on the course. I have trained sufficiently for this event. I am aware that there may be high-speed vehicles on the roads and road crossings. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Western NY Ultra Series, Hammer Nutrition, Rooster Fish Brewing, United States Department of Agriculture (Forest Service), National Park Service, Schuyler County, New York State DEC, USATF, Road Runners Club of America, 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 officially withdraw from the event if a race official feels I am endangering myself or I do not meet the designated cut-off time. I grant the race organizers the free use of my name/demographic information and any photos or videos of me for any use related to the race they see fit. I acknowledge that my entry fee is non-refundable, even if the race is canceled because of an act of nature or man.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_  
If participant is under 18 then parent or guardian must also sign