



Twenty-first Annual Virgil, NY

# FOREST FROLIC 7K & 15K TRAIL RUNS

700' and 1700' Climb; Both Races part of Finger Lakes Trailrunners Circuit

Sunday, July 12, 2009 - 9:00 am.



These runs are on some of the same beautiful trails through Virgil state forestlands used for the Virgil "Mountain Madness" and "Monster Marathon" trail runs. The Finger Lakes Trailrunners Club sponsors this event.

**WHERE:** The start/finish is at the Hauck Hill primitive campsite on Hauck Hill Rd. 0.4 mi. east of Bleck Road; see map and directions. Park only on the south (right as you head in to the start) side of the road.

**WHEN:** Arrive at Hauck Hill campsite before 8:30 am. The race starts at 9:00 am.

**ENTRY FEE:** \$8 pre-entry if postmarked by July 3rd; \$12 thereafter, including race day. FLRC members may deduct \$2. Students 18 and under pay half the above fees; FLRC discount applied before the half price discount. Make check payable to FLRC. No refunds. **Please pre-register as we have been swamped with late registrants in past years!** "Trail Raptor" shirts are in the works, so bring some extra funds.

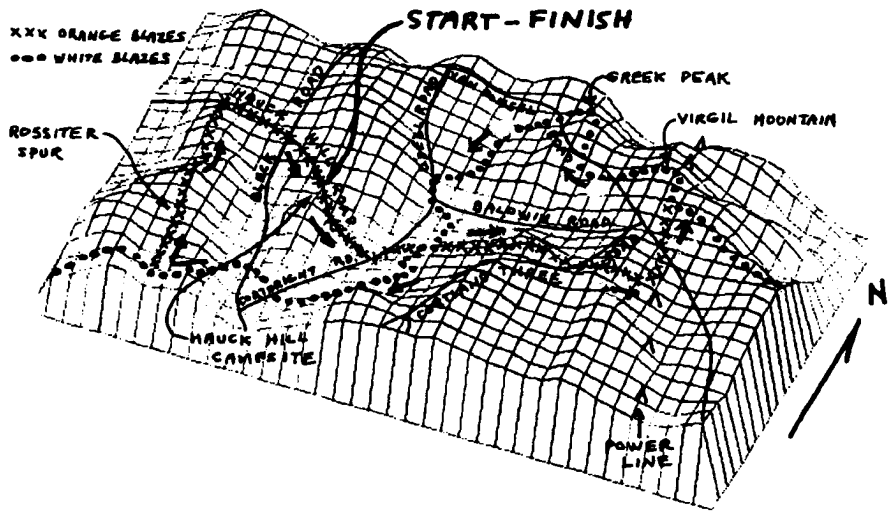
**WARNING!** It is possible to sprain ankles break bones, or encounter insects such as deer flies or yellow jackets (carry medication if allergic!). Trail running requires agility of foot and the talent to keep one eye on the trail and the other on the orange or white blazes. Many will get lost momentarily—if you see no blazes 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.

**BRING:** If the weather is hot, we **strongly** advise carrying drink. For after the race, bring a lawn chair, clothing, and a cooler with your own favorite drink. We'll provide soda, beer, cookies, and who knows what.

**TRAIL CONDITION:** The courses consist of 50% narrow hiking path, 30% logging roads, and 20% dirt roads. The trail is well marked (painted blazes on trees, double blazes at turns) and cleared of brambles.

**SHOWERS/REST ROOMS:** A port-a-john will be available, but no showers. **No littering and no exposed human refuse!**

**REFRESHMENTS:** We'll have water, soda, beer, cookies, and maybe more at the finish.



ENTRY FORM: FOREST FROLIC 7K & 15K TRAIL RUNS—SUNDAY, JULY 12, 2009—9:00 am—PLEASE PRINT

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Birthdate \_\_\_\_\_  
City, State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_  
\$ Enclosed: \_\_\_\_\_

Which race do you expect to run (you may switch during the race)? 7K \_\_\_\_\_ 15K \_\_\_\_\_

Family member/friend wish to help race day (finish, directions on course, other)? \_\_\_\_\_

SIGN WAIVER ON BACK and mail with entry fee by **July 3 - payable to FLRC**, to: **FROLIC, c/o F.L.R.C., Box 4984, Ithaca NY 14852-4984**  
see over =>

# FOREST FROLIC 7K & 15K TRAIL RUNS

Sunday, July 12, 2009—9:00 am.

**COURSE RECORDS:** 7K: Nate Lockett 25:28 (07) & Fern Beckhorn 34:10 (07). 15K: Zack Rivers 59:16 (07) & Katie Danner 1:08:20 (06).

**COURSE:** From start proceed east on Hauck Hill Rd. first following *ORANGE* blazes. Then left on Cortright Rd. and soon a right uphill on washed out road, the main *WHITE*-blazed FLT is intersected at 0.7 miles. 7K'ers turn right following *WHITE* blazes & skip next paragraph.

15K'ers have a **CHOICE**, you can proceed straight uphill on a 4.8-mile loop following *ORANGE* blazes. In 1.3 more miles the power line is reached. Turn left continuing to follow *ORANGE* blazes. After 0.6 more miles the *ORANGE* trail ends. Continue straight ahead following *WHITE* blazes. After 0.2 more miles turn left off power line, continuing to follow *WHITE* blazes to a self-serve water stop. The summit of Virgil Mountain (2132') is reached after an additional 0.1 mile. Proceed 2.6 miles following *WHITE* blazes back to the 7K/15K junction. Go straight through the junction following *WHITE* blazes. **OR** you can run this loop in the opposite direction / clockwise (more popular choice). Be ready for the sharp left turn at the 7k/15k intersection. Watch out for oncoming traffic (runners doing the loop the opposite way).

Proceed south then west following *WHITE* blazes for 1.4 miles to a large rock pile. Turn right following *ORANGE* blazes on the "Dabes Diversion" 1.6 miles to the junction of Bleck Rd. and Hauck Hill Rd. Follow *ORANGE* blazes east 0.4 miles on Hauck Hill Rd. back to the start/finish. Distances: 7K is 4.1 mi.; 15K is 8.9 mi.

## DIRECTIONS TO HAUCK HILL CAMPSITE

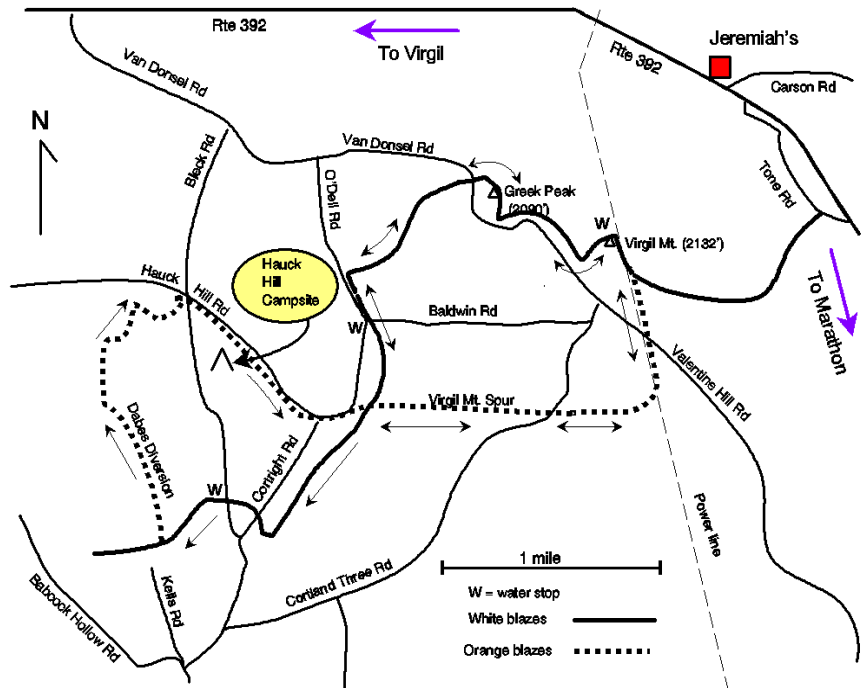
**START/FINISH ... FROM DOWNTOWN DRYDEN** go east 4 mi. on Rte 392. At bottom of hill turn right on W. Meeting House Rd. After 0.3 mi. turn left on Daisy Hollow Rd. soon to become Babcock Hollow Rd. After 1.4 mi. turn left on Hauck (Hill) Rd. Follow this road up a steep hill to cross Bleck Rd. after 1.1 mi. Park from here on, on right (south) side only. Hauck Hill campsite is 0.4 mi. ahead on a logging road to right. **FROM DOWNTOWN CORTLAND** take Route 215 south to Virgil, turn left on Route 392, after 0.2 mi. turn right on Van Donsel Rd. -- see last sentence below & map. **FROM NORTH ON I-81** take exit 10 (McGraw), then Route 11 south for about 7 mi., then west on Route 392 for 6 mi. to a left (south) on Van Donsel Rd. — see last sentence below & map above. **FROM SOUTH ON I-81** take exit 9 (Marathon), take Route 11 north 4.1 ml., then west on Route 392 for 6 mi. to a left (south) on Van Donsel Rd.—see last sentence below & map above). **FROM ABOVE:** After 1 uphill mi. on Van Donsel Rd. turn right on Bleck Rd. —go 0.8 mile and turn left on Hauck Hill Rd. (there may be no road sign at this junction)—park from here on, on right (south) side only. Hauck Hill campsite is 0.4 mi. ahead on a logging road to right.

## MORE INFO:

Call race directors Steve Ryan (607)277-7816 (h) email [sryan004@tcwny.rr.com](mailto:sryan004@tcwny.rr.com) or Jon Marks (607)835-6688 (h). Do not call for directions; everything is explained in the above directions—see also the above map. Results will be on **FLRC website:** [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org) within two days after the race.

## ACCOMMODATIONS:

Free camping at primitive Hauck Hill campsite (the Start/Finish) on lush moss beds, but make sure you bring water. Nearby motels are the Three Bear Inn in Marathon (Exit 9 on I-81: (607)849-3258; Cortland Motor Court (393 Tompkins St. Ext.: (607)753-3351; Cortland Holiday Inn (Exit 11 on I-81: (607)756-4431); and Embassy Inn Motel (Rte. 366 2 mi. east of Cornell: (607)272-3721).



## WAIVER:

I, the undersigned accept full responsibility for myself and for any injuries I may incur during this Forest Frolic Trail 7K & 15K 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, Onondaga ADK, New York State Department of Environmental Conservation, Greek Peak Ski Resort, 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. We reserve the right to reject any entries for any reason.

see over =>