



Ninth Annual

# Forge the Gorgeous

## 7-Mile Trail Run

Thursday June 25, 2009—6:00 pm

Part of the Finger Lakes Trailrunners Circuit



**Sponsor:** Finger Lakes Runners Club

**Where:** Fillmore Glen State Park on Route 38 just south of Moravia NY

**Directions:** From Ithaca and Rte 34 Northbound: Off Rte 34, take Locke Road east (at Linda's Diner). Bear right onto Rte 90 and continue into the village of Locke. Turn left on Rte 38 towards Moravia. Go about 3 miles and turn right into Fillmore Glen Park and park at pavilion (straight ahead). Starting line will be toward Rte 38.

From Rte 34 Southbound: Off Rte 34, take Rte 90 east to Rte 38 in Locke and follow above instructions.

From Rte I-81 Northbound: Off I-81, take Homer exit. Turn right at light then left at next light heading west on Rte 90. Turn right on Rte 38 and follow above instructions.

From Rte I-81 Southbound: Off Rte I-81, take Rte 281 exit in Preble. At Rte 90 in Homer go west on 90 to Rte 38 and follow above instructions.

**When:** **Race starts at 6:00 pm.**  
Registration and number pick-up is between 5:00–5:45 pm.

**Description:** The official racecourse is two partially overlapping scenic loops of around 3.5 miles each. Both loops start near the park entrance allowing anyone who doesn't want to run the full distance to finish after the first loop and relax with family and friends. Only the results of "full" distance finishers will be officially recorded. Shorter distance finishers can unofficially record their times at the finish line.

Beautiful trails and scenery follow the one big hill near the start! The route is mostly shady and on wooded trails with a short distance on a quiet Park road. It's important that you stay on course to avoid getting lost and to reduce chance of injury. The course will be well marked and have several water stops.

**Facilities:** Rest rooms, showers and swimming are available at the Park.

**Refreshments:** Pizza, bagels, sport drink, bananas, cookies and other edible goodies will be provided post race.

---

### ENTRY FORM: Forge the Gorgeous—Thursday June 25, 2009—*Please Print*

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

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

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

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

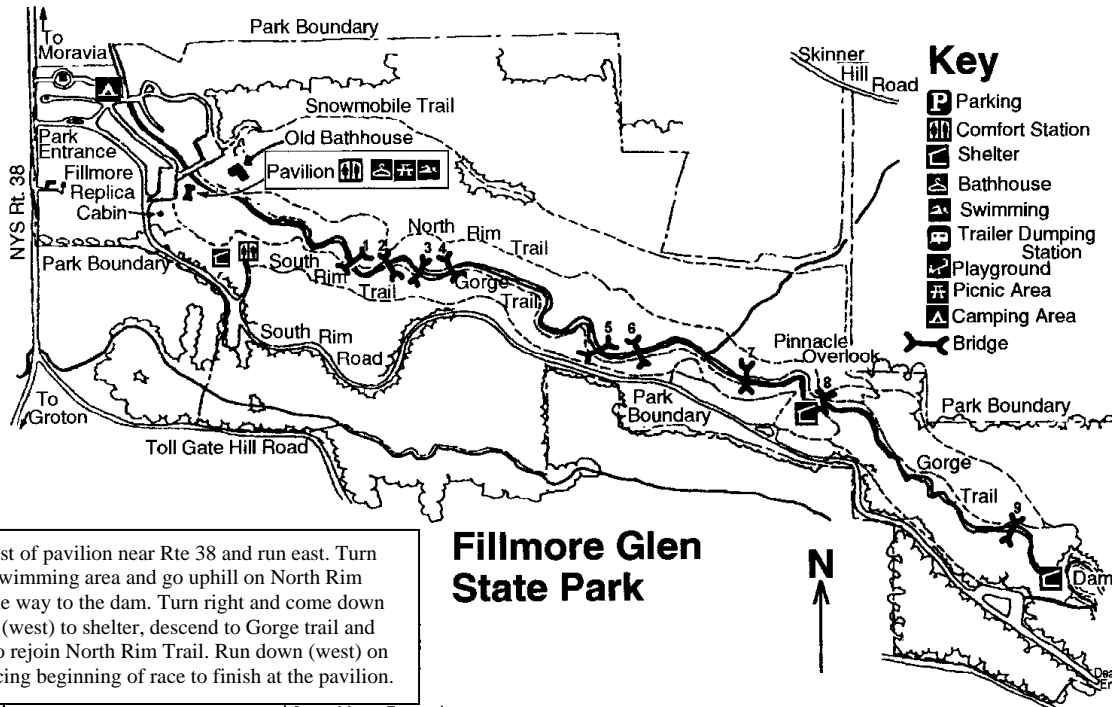
SIGN WAIVER ON BACK & mail so entry is RECEIVED by Friday, June 19, Include \$10 entry; \$14 thereafter [FLRC members may deduct \$2; students see "Entry Fee" at top of other side]. Make checks payable to FLRC and mail to:

FORGE THE GORGEOUS, c/o FLRC, P.O. Box 4984, Ithaca, NY 14852-4984

OVER ⇨

# Forge the Gorgeous

7-Mile Trail Run—Thursday, June 25, 2009—6:00 pm



**Entry Fee:** \$10 Preregistration if RECEIVED by Thursday June 17; thereafter \$14. Race day registration is open until 5:45 pm. FLRC members may deduct \$2. Students 18 and under pay half the above fees; membership discount applied before half price discount. \*\*\*Special Note: Cars entering the park are likely to be charged the State Park entrance fee\*\*\*  
**Runners are encouraged to pre-register (and carpool).**

Race directors reserve the right to reject any entries for any reason. None of the following will be allowed on the course during the race: *headsets, baby strollers, bicycles, roller skates / blades, wheelchairs, pogo sticks, any other transportation devices, or pets.*

**Awards:** First Male and Female in Open and Masters Divisions; also 1 or 2 surprise special awards!

**Acknowledgment:** Many thanks to all the members of the FLRC who have offered their support and volunteered to help before, during and after the race. Very special thanks to officials of the Park who have been extremely helpful to us about this event. Without all of these people this race could not be taking place.

### More Information:

Joel Cisne: jec48@cornell.edu

FLRC Web Page: [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)

Find results at above webpage several days after this race.

### Waiver

I know that trail running is a potentially hazardous activity. I should not enter and run unless I am medically able and have trained properly. I agree to abide by any decision of a race official as to my ability to safely complete the event. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, the effects of the weather including humidity and temperature, trail conditions and wild animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsoring and affiliated parties including the FLRC officers, race directors and volunteers, Fillmore Glen State Park and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose. I also understand that all entry fees are non-refundable, even if the race is canceled by an act of nature or man.

Signed: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / 2009

[Require Parent Signature if Under 18]

OVER ⇨