



Ithaca 5 & 10

September 13, 2009

FACILITIES:

Dressing and shower facilities have been available in the past; however, we are unsure if they will be available this year. Runners are encouraged to come dressed to run.

RACE DAY REGISTRATION:

7:30 AM until 8:30 AM on race day at the Ithaca High School Activities Building. **Race Day registration fee is \$20.00.**

Runners are encouraged to pre-register.

Chip timing will be proved by Leone Timing and Results Services .

The race director reserve the right to reject any entries for any reason. No headsets, baby strollers or skates are allowed on the courses. ***All runners must follow the direction of the course marshals or risk the chance of being disqualified. All runners must run on the left hand side of the cones on Deeb's corner.***

RACE PACKETS AVAILABLE:

Day of race, Sunday, September 13th, 2009 7:30 AM - 8:45 AM. at the Ithaca High School Activities Building.

AWARDS:

OVERALL: First male and female finishers in the Open and Masters divisions. Female and Male age group awards 14 and under, and 10 year age groups up to 80 and over. Special awards will be given to the youngest and to the last place finisher of each race. No duplication of awards.

MIDPACK AWARD:

For both the 5- and 10-mile races an award will be given to the person who finishes at the middle of the pack. This award is dedicated to runners who run for the love of the sport.

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OFFICIAL ITHACA 5 & 10 and FAMILY FUN RUN WAIVER

(Read & sign before mailing your entry)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and have properly trained. I agree to abide by any decision of a race official as to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, weather conditions including humidity and temperature, traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, 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 the Cayuga Medical Center at Ithaca, Finger Lakes School of Massage, Eastern Mountain Sports, the City of Ithaca, Ithaca Police Department, Bangs Ambulance, Local #737 Ithaca Paid Firefighters Assoc., the USA Track & Field Assoc, Ithaca High School, the Finger Lakes Runners Club, the club officers, the race directors, sponsors and volunteers 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

Participants Signature: _____
 (Parent if under 18 years old)