



# The 36th ANNUAL ITHACA 5 & 10

SPONSORED BY

**Taughannock Aviation**

**SUNDAY, SEPTEMBER 12, 2010 - 9:00 AM**

USATF CERTIFIED 5 MILE - 10 MILE RACES NY ( NY05001MW ) (NY95033AM)

ITHACA HIGH SCHOOL - ITHACA, NEW YORK

### ASSOCIATE SPONSORS:

Finger Lakes Running Company, Advantage Sports & Fitness, Six Mile Creek Winery, Ithaca Paid Firefighters Assoc

### STARTING TIMES:

5 mile - 9:00 AM

10 Mile - 9:15 AM

Family Fun Run (Approx 1 Mile) - 8:30 AM

### START/FINISH:

Ithaca High School parking lot, North Cayuga Street (just off Route 13), Ithaca, New York

### COURSES:

Run through downtown Ithaca, residential, and park areas of the City. The 5 mile race is a single loop course, while the 10 mile race is a double loop. The course is **FLAT and FAST** and will be well marked. Water stations will be available. Traffic will be controlled by Police and marshals. Family Fun Run is on sidewalk and grass areas.

**ENTRY FEE:** Pre-registration: \$15, must be postmarked by Monday, September 6, 2010; Race day registration \$20 until 8:30 a.m. race day (T-shirt may be available on race day for an additional charge). ONLY pre-registering FLRC members may deduct \$2 from the entry fees for pre-registration; no deduction for Race Day registration. Students 18 and under; entry fee is \$10 pre-registration, \$15 race day.

### RACE INFORMATION:

Race Director: Karen Grover, kag22@cornell.edu, evenings 607-351-8455, Asst Race Director: Tim Ingall

Finger Lakes Runner's Club Web site <http://www.fingerlakesrunners.org/>

OFFICIAL ENTRY FORM – 36th ANNUAL ITHACA 5 & 10 - SUNDAY, SEPTEMBER 12, 2010

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PSN/BIB			

5 Mile Run

10 Mile Run

Last Name

First Name

Gender

Age

Street Address

City

State

Zip Code

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Sign waiver on back and mail with check (payable to FLRC) to: Ithaca 5 & 10 c/o Karen Grover 68 Sperry Lane, Lansing, NY 14882

Note: \$30 fee for any timing chips not returned



# Ithaca 5 & 10

September 12, 2010

**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 reserves 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 12th, 2010 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. A special award will be given to the youngest, and last place finisher of each race. No duplication of awards.

**MIDPACK AWARD:**

An award will be given to the person who finishes at the middle-of-the-pack of both the 5 & 10 mile races. 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 Finger Lakes Running Company, Finger Lakes School of Massage, Advantage Sports & Fitness, Six Mile Creek Winery, 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 understand that all entry fees are non-refundable.

Participant's Signature: \_\_\_\_\_  
(Parent if under 18 years old)