



Twenty Fourth Annual  
**MOUNTAIN MADNESS RUNS**  
**30 Km, 2516' Climb & 14 Km, 1100' Climb**  
**Sunday, August 16, 2009—8:30 am.**



*An excellent run to prepare for a Fall marathon!*

*ROAD/TRAIL CHALLENGE: Is this the road runner's element or a trail runner's paradise? Are you a trail runner or road runner? Declare your status when you pick-up your number. Top 6 men and top 4 women finishers in each category will count for the each side. The winning group will each receive something special to recognize their ability to win on this course.*

**DESCRIPTION** ..... The madness continues at a new venue with a different flair! A challenging 30 km or a 14 km run on a very hilly road course in the Newfield area. By the time you finish this race you'll understand why we left the title of MOUNTAIN MADNESS in the description. You'll run on mostly dirt roads with some pavement. Those true trail runners can run on the unpaved shoulders of the roads. There'll be 5 aid stations (1 for 14k) (water, Gatorade, cookies and more). Please eat and drink as if this is a trail course. This race is sponsored by the Finger Lakes Runners Club, and is sanctioned by the Road Runners Club of America.

**WHERE** ..... The start & finish are at 57 Irish Hill Rd, Newfield, NY.

**WHEN** ..... Race day registration & number pick-up until 8:00 am at 57 Irish Hill Road. The race starts at 8:30 am. NOTE: You may have to park as much as 1/4 mile from the start on narrow Irish Hill Road (on the right facing south only!), so allow ample time to walk to the start!

**WARNING!** ..... This race is not for weaklings or wimps. You need to realize that you should approach this as you would a **trail run. Carrying water or other fluids would be highly recommended.** Sprained ankles, yellow jacket stings, facial lacerations and sprains are some possible injuries that can occur. Follow the arrows that are put up. A white chalk line across a road means do not cross that chalk line. There may be no medical aid or people on the course. Carry a water bottle, as it could be hot.

**ENTRY FEE** ..... \$10 pre-entry by Aug. 10; \$15 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. No refunds. T-shirts may be available; bring extra \$\$.

**REST ROOMS/SHOWERS** ..... No showers, but two port-a-johns will be available at the start/finish area.

**AWARDS** ..... You've got to be kidding! Who wants worthless trophies? Possible special amenities planned.

**MORE INFO** ..... Contact Joe Reynolds at [flnf10155@yahoo.com](mailto:flnf10155@yahoo.com) or (607) 564-1804. Don't call for directions; see other side.

**COURSE RECORDS** ..... Records are unavailable for this venue as it is a new course. So here's your chance to put your name in the record books!

**POST-RACE REFRESHMENTS** ..... Free to entrants; add \$3 for others (unless volunteer). Cookies, bagels, and assorted drinks will be available. No alcoholic drinks will be available. If you bring food to cook we do have a grill available.

**CAMPING** ..... You may camp at 57 Irish Hill Road the night before the race. It will be primitive camping (bring water) on our front, side or back lawn. See directions on back. Make sure you arrive before dark.

**RESULTS** ..... Within 2 days after the race, please go to [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org).

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 ENTRY FORM: C&J'S MOUNTAIN MADNESS—SUNDAY AUG. 16, 2009—8:30 AM—PLEASE PRINT

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex \_\_\_\_ Age on race day \_\_\_\_\_  
 Address \_\_\_\_\_ Birth date \_\_\_\_\_  
 City & State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_  
 Which distance do you plan to do? 30K \_\_\_\_ 14K \_\_\_\_ (you may switch during the race) Total \$ enclosed \_\_\_\_\_  
 Family member wishing to help race day for free food? (food, aid station, other)? \_\_\_\_\_

SIGN WAIVER ON BACK & mail postmarked by Aug. 10 with \$10 entry fee; payable to FLRC, to:

**MADNESS, c/o Joe Reynolds, 57 Irish Hill Rd, Newfield, NY 14867**

**SEE OVER**

# MOUNTAIN MADNESS RUNS

**Sunday, August 16, 2009—8:30 am—30 Km & 14 Km**

**MOTELS** .... Many in the Ithaca area, but best to call for reservations early. The places closest to the race site would be Alpine Junction, Ithaca route 13 south or Ithaca area. Closest camping at Buttermilk falls or Treman State Parks. [All camping must be reserved].

**COURSE** .... **30 K runners** Start at 57 Irish Hill Rd. Go south on Irish hill road & encounter first hill within a half mile (prelude to hills to come). Continue on Irish Hill into Arnot Forest, this is 5.4 miles. Follow all directional arrows which will bring you to Schuyler County Rte 13. Go right for <1/10 mile then left onto Decker Rd. Follow Decker Rd / Barnes Hill Rd. for ~ 4.0 miles.. Here you will take a left onto Dassance Rd for ~ 2.3 miles where you will come out onto Van Kirk Rd for ~ 2.3 miles. Take a left onto Bull Hill Rd & follow this for 2.9 miles to Chaffee Creek Rd. Make a severe cut back on Chaffee Creek until you hit Van Kirk Rd again 2.9 miles. Take a right onto Van Kirk; you will now have 1.2 miles and 3 bumps to the finish at 57 Irish Hill rd. Six aid stations ~ approximately 3 miles apart.

**14k runners** will also start at the same time as the 30Kers. They will run with the 30Kers until they exit Arnot forest at Schuyler County Rte 13 and then turn left. This will give the runners a gradual up hill for about 1.5 miles, then a very honest uphill until they reach Irish Hill Rd.

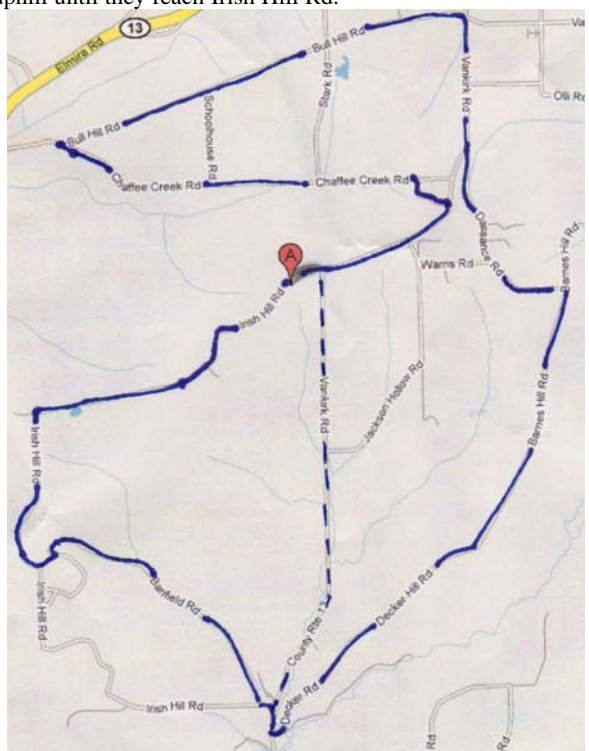
A final downgrade to the finish of 0.3 miles will lull you to the finish. Two aid stations ~3 miles apart.

*Cups will be available at aid stations but use of a reusable bottle or hydration system to help limit cup trash would be appreciated.*

**DIRECTIONS TO RACE SITE: 57 Irish Hill Road, Newfield, NY.** From **Ithaca and the north**, go south on NYS Route 13. Take a left at Trumbulls Corners Rd. Go ~50 yards and take a right on Main Street. Go about a ½ mile to the first left onto Van Kirk Road & proceed South about 4 miles straight onto Irish Hill Road.

From the **south west**: Follow County Route 224. Rte 224 crosses NYS Route 13 at Alpine Junction. Go east on 224 until you see Schuyler County. Route 13. Take a left onto Schuyler County Rte 13 & go until you reach the first stop sign at the top of the hill. Take a left onto Irish Hill Rd.

From the **south east**: Take route 96 from Owego. At Spencer go straight onto Rte 224. Go west until you see the Schuyler County line. You'll take the next right onto Schuyler County Rte 13. Go to the first stop sign at the top of the hill and take a left onto Irish Hill Rd.



## WAIVER:

I, the undersigned, accept full responsibility for myself and for any injuries I may incur during the Mountain Madness Runs. 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 and wrists, cuts, bruises, broken bones, insect bites, hypothermia and heat exhaustion are real possibilities. I have trained sufficiently for this event. I am aware that there may be high-speed vehicles at road crossings and on the roads. I understand that there will be no medical personnel on the course. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Tompkins County or Town of Newfield, Chemung County or Town of Van Etten, Schuyler County or Town of Cayuta, Cornell University or Cornell's Arnot Forest or its staff, 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 grant the race organizers the free use of my name/demographic information and any photos or videos of me for any use they see fit. I acknowledge that my entry fee is not refundable even if the race is canceled because of an act of nature or mankind.

Date \_\_\_\_\_ Signature \_\_\_\_\_

If participant is under 18 years of age parent's signature required: \_\_\_\_\_