



Twentieth Annual Virgil Forest  
**MONSTER MARATHON (& Half-Marathon)**

26.2 & 13.1 Miles, 5560' & 2780' Climb

Sunday, September 6, 2009 with Age/Sex Handicap Staggered starts:

Marathon: 6:30–8:00 am starts; Half Marathon: 8:15–9:00 am starts

Both Races Part of Finger Lakes Trailrunners Circuit



**DESCRIPTION ...** This is the toughest marathon course in the East with 5560 ft of total climb. No one will ever qualify for Boston here! But the beauty of this section of the North Country National Scenic Trail and the Finger Lakes Trail is worth the effort (and the fun!). The course consists of two identical out-and-backs of 13.1 miles each. Well-stocked aid stations will be spaced 3 to 4 miles apart. The sponsor is the Finger Lakes Runners Club. **There will be free food and drink after the race!**

**WHERE:** The start/finish is “Jeremiah’s” on Route 392, 3.3 miles east of Virgil, NY; see directions on back.

**WHEN: Marathon:** If you are older and/or female pick up your number by 6:15 am, as you may start as early as 6:30 am; males under 35 start at 8:00 am. **Half-Marathon:** Starts are from 8:15 to 9:00 am depending on your age and sex.

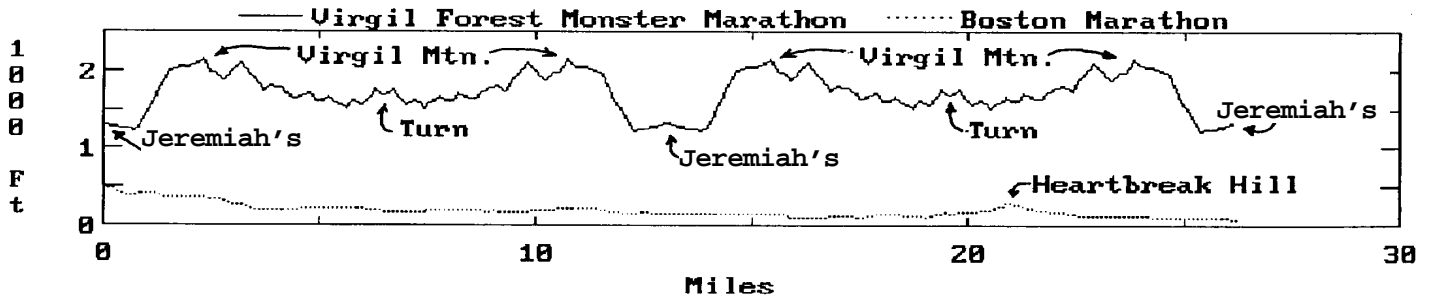
**HALF-MARATHON & MARATHON ARE AGE & SEX GRADED SEPARATELY.** *There will be different age/sex handicap staggered starts for both races as described on the other side. Choose your race carefully as your starting time depends on which race you choose!*

**WARNING!** Heat exhaustion, sprained ankles, yellow jacket stings, animal bites, lacerations, encounters with *forest monsters*, and collisions with vehicles at road crossings are possible during the run. You may get lost momentarily—if you see no blazes ahead, look back. If no blazes behind, go back! Those running the full marathon must be trained for an ultra-marathon effort; add 1 to 2 hours to your road marathon time. **Full marathoners finishing the first out-and-back after 11:00 am are cut off and will not be allowed to continue.** *Carry drink, as it could be hot.*

**ENTRY FEE:** \$17 for preregistration, if postmarked by Saturday, Aug 29; thereafter \$25, including race day. FLRC members may deduct \$2. Students 18 and under pay half the above fees; membership discount applied before half-price discount. No refunds. We reserve the right to reject any entries for any reason. Half-marathoners pay same fees. Make check payable to FLRC.

**RESTROOMS:** Port-a-johns will be available at the start/finish.

**MORE INFO:** Karen Grover: [kag22@cornell.edu](mailto:kag22@cornell.edu); (607) 351-8455; 68 Sperry Lane, Lansing NY 14882. FLRC website: [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org). Find results at the website several days after the race.



ENTRY FORM: Virgil Forest MONSTER MARATHON—SUNDAY, September 6, 2009—**PLEASE PRINT**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_  
Address \_\_\_\_\_ Birthdate \_\_\_\_\_  
City & State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

**Full or Half-marathon? -- Choose carefully; your starting time depends on which you choose!**

Best wimpy road marathon time (if any) in last 3 years \_\_\_\_\_ Total \$ enclosed \_\_\_\_\_

Family member wish to help race day (timer at start/finish, aid station, other)? \_\_\_\_\_

SIGN WAIVER ON BACK & mail postmarked by Sat., Aug 29 with \$17 entry (\$25 thereafter) [FLRC members may deduct \$2] --- payable to FLRC, to: **MONSTER, c/o Karen Grover, 68 Sperry Lane, Lansing NY 14882**

**OVER ⇨**

**Make sure you choose your race distance carefully; this determines your start time!**

## Twentieth Annual Virgil Forest **MONSTER MARATHON & Half Marathon**

Sunday, Sept 6, 2009 with Age/Sex Handicap Staggered Starts:  
Marathon: 6:30–8:00 am starts; Half Marathon: 8:15–9:00 am starts

**Make sure you choose your race distance carefully; this determines your start time!**

**COURSE RECORDS:** A 500 year old Iroquois Indian Legend tells how a "Forest Monster" chased the Indian brave "Jost Du-It" out and back twice along the present course. Jost Du-it's time for the 26.2 miles was 3:26:59, then he collapsed. He quickly vanished, presumably eaten by the "Forest Monster". We hope this knowledge of the "Forest Monster" will spur you to a new course record. Glance behind each tree! Recent marathon handicap records: Gary Burdick 3:27:00, Becky Harman 3:30:51 2003; Half-Marathon handicap records: Alan Evans 1:33:23, 2008, Yvette deBoer 1:35:02 also in 2008.

**FOOD AT START/FINISH:** Coffee and breakfast items will be available before the race. Lunch will be served to runners at the finish

**CAMPING:** No tenting at "Jeremiah's". You can tent at the "Hauck Hill Primitive Campsite" on the hill (see map; start/finish of Frolic race). A nearby developed campground is Country Hills, Muckey Rd., Marathon: (607) 849-3300.

**LODGING:** Cabins that sleep six are available at "Jeremiah's". Call Greek Peak Ski Resort at (800) 955-2754 for pricing and reservations. The closest motel in the area is the Marathon Three Bear Inn (Exit 9 on I-81: (607) 849-3258); another is Cortland Holiday Inn (2 River St, Cortland: (607) 756-4431). Call early, as this is when Cornell University students return, and their parents flood the local motels!

**COURSE:** From "Jeremiah's" follow Route 392 then Tone Rd to the **WHITE** blazes at the Finger lakes Trail at 0.85 miles. Turn right steeply uphill and follow **WHITE** blazes all the way to the turn-around. At 2.4 miles is Virgil Mountain summit (2132', highest point within 70 miles). At 3.0 miles you'll reach the Greek Peak summit and an aid station at 3.2 miles. Continue to follow **WHITE** blazes to the turn-around (and aid station) at 6.55 miles at "Stonepile Junction". Turn around and retrace your steps back to "Jeremiah's". Beware of traffic on Route 392! For full marathon do the out-and-back again and you are done!

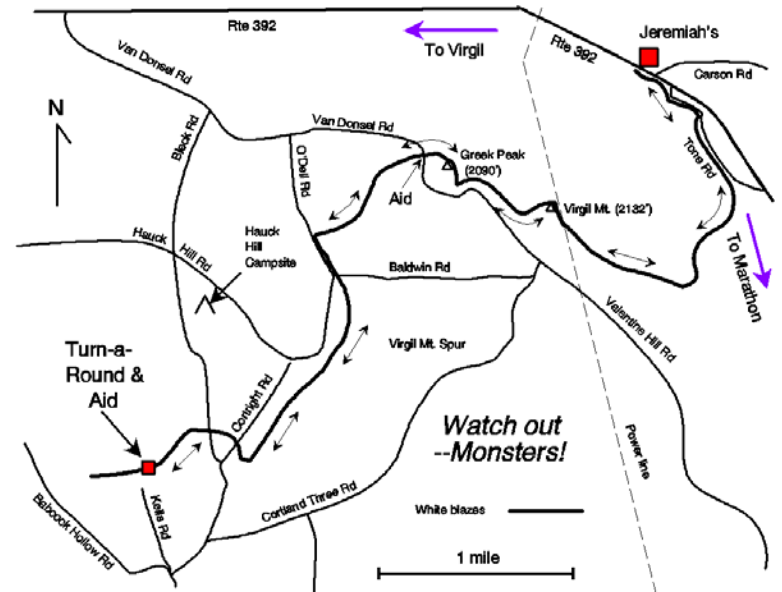
**DIRECTIONS TO "JEREMIAH'S" ...** From north on I-81 take exit 10 (McGraw), then Route 11 south for 7 miles, then Route 392 3.5 miles west. From south on I-81 take exit 9

(Marathon), take Route 11 north for 4.1 miles, then Route 392 3.5 miles west. From Dryden go east 6 mi. on Route 392 to Virgil. From Cortland take Route 215 (junction with Route 13 is 2 blocks southwest of Main St.) south to Virgil. From Virgil take Route 392 3.3 miles east. "Jeremiah's" is on the north side of the road; see map.

**HANDICAP STARTING TIMES:** Determined based on The National Masters News Age Graded Table Factors and average of the winning times for the last 5 years. Handicap starts times based on participant age are listed as a PDF at [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)

**Marathon**—based on 3:55:21 mean win time. No handicap for males under 38; these folks start at 8:00 am. Women under 37 will start 22 minutes early (7:38 am). Examples: a 55-year-old male will start 33 minutes early (7:27 am) and a 55-year female will start 66 minutes early (6:54 am).

**Half-Marathon**—based on 1:44:32 mean win time. No handicap for males under 38; these folks start at 9:00 am. Women under 36 will start 11 minutes



early (8:49 am). Examples: a 55-year-old male will start 16 minutes early (8:44 am) and a 55-year-old female will start 32 minutes early (8:28 am).

**WAIVER:** I, the undersigned, accept full responsibility for myself and for any injuries I may incur during this Monster Marathon & Half-Marathon Trail 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 and wrists, cuts, bruises, broken bones, insect bites, animal bites, encounters with barbed wire or the forest monster, hypothermia and heat exhaustion are real possibilities. I fully understand that there may be no medical or emergency personnel on the course. I have trained sufficiently for this event. I am aware that there may be high speed vehicles on roads and at road crossings. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Greek Peak Ski Resort, "Jeremiah's", North Country Trail Association, Finger Lakes Trail Conference, National Park Service, New York State Department of Environmental Conservation, The Road Runners Club of America, USATF, 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 full marathon if I do not complete the first out-and-back by 11:00 am.** I agree to withdraw from the race if so instructed by a race official. 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 as they see fit. I acknowledge that my entry fee is not refundable, even if the race is cancelled because of an act of nature or man.

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

If participant is under 18 then parent or guardian must also sign.

**SEE OVER ⇨**