

ITHACA SKUNK CABBAGE CLASSIC

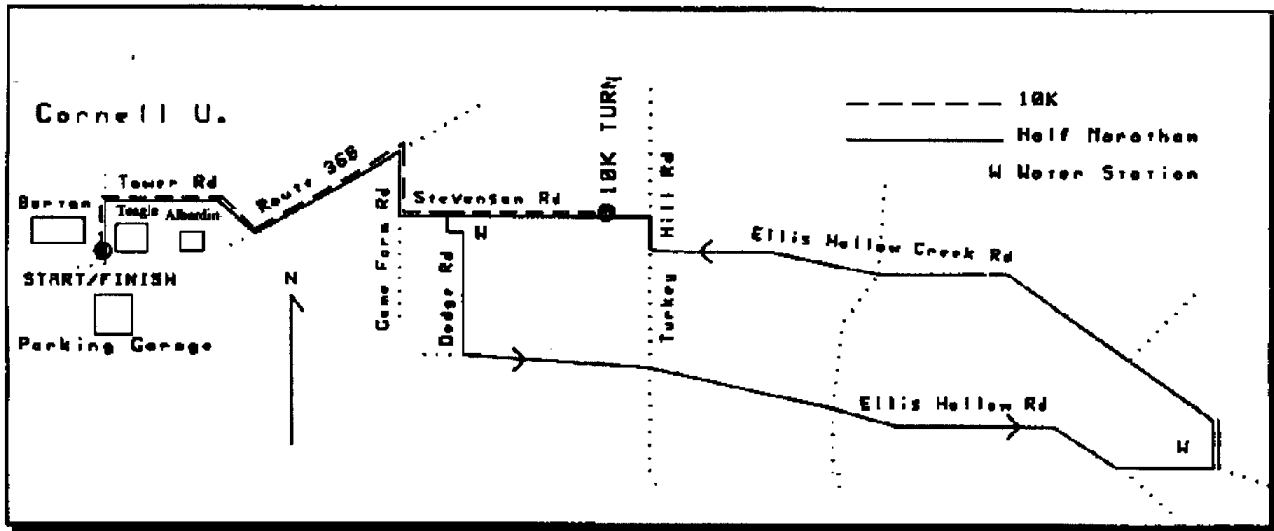
Sunday, April 11, 2010 - 10:00 a.m.

COURSE RECORDS: H-M: Bennie McIntosh 1:08:38 (1987), Charlene Lyford 1:21:09 (1999)
10K: Tom Boone 30:33 (1987), Tamara Sayre 35:36 (1989)
Masters H-M: Marty Muchow 1:13:53 (1985), Winnie Ngan 1:25:55 (2001)
Masters 10K: Tim Otis 33:20 (1995), Sarah Kramer 38:14 (2005)

DIRECTIONS TO CORNELL & BARTELS HALL: Note signs around Ithaca directing you to Cornell:

FROM NORTH ON ROUTE 13: Turn left (south-west) on Route 366 at the stoplight. At 3.4 miles turn right onto Judd Falls Rd. Turn left at first stop onto Campus Rd. You will pass the outdoor track on your right, the next large building on our right is Bartels Hall. 200 yards past Bartels Hall will be a parking garage on your left adjacent to the football stadium.

FROM SOUTH ON ROUTES 13 & 79: Turn right on Route 79 from Route 13. Proceed uphill out of downtown Ithaca on 79. Turn left onto 366 and proceed through several intersections. After about a mile turn left onto Judd Falls Rd. Turn left at first stop onto Campus Rd. You will pass the outdoor track on your right, the next large building on our right is Bartels Hall. 200 yards past Bartels Hall will be a parking garage on your left adjacent to the football stadium.



WAIVER:

I know that running a road race is a potentially hazardous activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including but not limited to, falls, contacts with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, the possibility of collisions with vehicles, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act in my behalf, waive and release the Finger Lakes Runners Club, Leone Timing and Results Services, the towns of Ithaca and Dryden, Cornell University, Fleet Feet of Central New York, USAT&F, Niagara USAT&F, The Road Runners Club of America, any race officials or volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I agree to withdraw from this event 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 they see fit. I acknowledge that my entry fee is non-refundable, including if the race is cancelled because of an act of nature or man.

Date _____ Signature _____

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