



Eleventh Annual
FINGER LAKES SNOWSHOE
7.6 MILE RACE & 1 MILE FUN RUN/HIKE
SATURDAY JANUARY 26, 2008
AT THE FINGER LAKES NATIONAL FOREST
HECTOR NY



7.6 Miler Part of the 2008 Finger Lakes Trail Runners Circuit (Both Stonehead & Pebblehead Rankings)

2008 FINGER LAKES SNOWSHOE RACE....

Presented and sponsored by the Finger Lakes Runners Club and Red Feather Snowshoes.

COURSE RECORDS.... Open men: Alan Evans: 53:55. Open women: Becky Harman: 1:09:52. Masters women: Barb Bellows 1:10:21. Masters men: Alan Evans: 53:55.

DESCRIPTION..... The start is in the FINGER LAKES NATIONAL FOREST, at the POTOMAC CAMPSITE, located off Potomac Road. You'll find it located 4 miles northwest of Reynoldsville NY, just off Rte. 227 in Schuyler County. You will be doing one loop in the Finger Lakes National Forest, passing through hardwood and pine forests, and utilizing trails, roads, and pastures.

WHEN.... The one-mile race starts promptly at 11 AM, and the 7.6-mile race starts at 12 Noon --- both from the Potomac Campsite.

REGISTRATION.... From 9:30 AM to 11 AM at the Campsite's open pavilion.

SNOWSHOES A limited number of loaner snowshoes will be available race day on a "first come, first served" basis thanks to Redfeather. No charge for use.

RESTROOMS & SHOWERS.... No showers; restrooms --- "Blue Circle Outhouses" --- are located at the start and on the course at the horse campsite and the Blueberry Patch Campsite.

WARNINGS.... Collisions with vehicles, snowmobiles and wild animals on roads and/or trails are possible during the run. You may get lost momentarily --- if you see no blazes ahead of you, go back! Arrows will mark the turns.

IF EXCESSIVE HEAT OR NO SNOW.... The race director reserves the right to cancel the snowshoe races and have a trail running race instead.

(Over)

ENTRY FORM: FINGER LAKES SNOWSHOE --- SATURDAY, JANUARY 26, 2008 --- PLEASE PRINT

NAME _____ PHONE _____ SEX ____ AGE _____
 ADDRESS _____ BIRTHDATE _____
 CITY & STATE _____ ZIP _____ EMAIL _____

WINTER SNOWSHOE HATS available on race day for purchase – Bring \$

EARLY REGISTRATION FEE FOR 7.6-MILE RACE: \$10 before Jan. 21; \$15 after Jan. 21 and race day
 (FLRC members may deduct \$2. Students 18 and under pay half the above fees; FLRC discount applied before the half price discount)

One-Mile Fun Run/Hike: \$3.00 Early Entry & Day of Race

Make checks payable to FLRC: Amount enclosed: _____
 WHICH RACE DO YOU EXPECT TO RUN? 1 Mile ____ **OR** 7.6 Miles ____ (CHECK ONE & note different fees!)
 Family members wishing to help race day (Timers at start & finish, aid stations, etc.)? _____

SIGN WAIVER ON BACK & mail so entry is received by above deadline date with correct entry fee (payable to FLRC) to: **Snowshoe Race, c/o FLRC, P. O. Box 4984, Ithaca NY 14852-4984.** **OVER =>**

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(continued from other side)

AID STATIONS..... We'll have a sports drink and water and food at the aid stops, plus at the start and finish line. No littering please!

FOOD/BEVERAGES.... We'll only have non-alcohol options; bring your own other favorite beverage. We'll have post-race refreshments at Potomac Campsite.

CAMPING..... There will be camping available at the Potomac Campsite.

MOTELS & B&B'S.... Contact Schuyler County Chamber of Commerce & Visitor Center, 100 N. Franklin St, Watkins Glen NY 14891 or call 1-800-607-4552 or go to www.schuylerny.com on the web.

DIRECTIONS TO THE POTOMAC CAMPSITE....
From Ithaca, take Route 79 west towards Watkins Glen. At the foot of the hill where Rte. 79 meets Rt. 227, take a right turn to Reynoldsville. Follow signs for the Finger Lakes National Forest-- You'll be on Potomac Rd.

From the north, take Rt. 414 south past Hector; you'll see signs for the Forest. Follow those signs. You'll be on Picnic Area Rd. Take that road to the "T" with Potomac Rd. and make a left turn to the campsite. →

From Watkins Glen, go east on Route 79. Just past Burdett, take a left on County Route 4 / Logan Rd. until you intersect with Picnic Area Rd. at the stop sign in Logan. Take a right turn and follow the above directions.

COURSE..... Maps will be posted at the start and finish area at the Potomac Campsite. There will be arrows directing you at various intersections.

MORE INFO..... Contact the FLRC Website: www.fingerlakesrunners.org. Or Contact Joe Reynolds by email at: flnf10155@yahoo.com, phone (607) 564-1804. A limited number of snowshoes will be available race day at no charge, but please try to have your own equipment. We cannot provide for everyone.

AWARDS.... There will be frivolous awards in Open and Masters categories in the 7.6-mile race.

HEALTH..... Your health is important. You can over-dress and dehydrate or under-dress and become chilled. Both situations can lead to serious problems. The speed at which you are running and weather conditions will determine what to wear. Be ready to be FLEXIBLE in your clothing choices. Also be ready to get into DRY CLOTHES immediately following the race to prevent chilling.

WAIVER: I, the undersigned, accept full responsibility for myself and for any injuries that I may incur during these Finger Lakes Snowshoe Runs. I have read both pages of this application and I fully understand that participating in this event maybe dangerous to my health. Sprained ankles and wrists, cuts, bruises, broken bones, hypothermia are all 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 the roads and road crossings. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, United States Department of Agriculture (Forest Service), National Park Service, Schuyler County, New York State DEC, USATF, Road Runners Club of America, 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 officially withdraw from the event if a race official feels I am endangering myself or I do not meet the designated cut-off time. 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 they see fit. I acknowledge that my entry fee is non-refundable, even if the race is canceled because of an act of nature or man.

Signature _____ Date _____

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