



TANGLEFOOT TRAIL RUNS

TANGLEWOOD NATURE CENTER - ELMIRA NY

SUNDAY, JUNE 21, 2009 – 10:00 AM

5 or 10 MILES

Both races are part of the Finger Lakes Trailrunners Circuit

SPONSORS: Tanglewood Nature Preserve and Museum, and Clif Bar.

WHERE: Tanglewood Museum parking lot, Elmira, NY. See map & directions on other side.

WHEN: Sunday, June 21, 2009. Race starts at 10:00 AM. Same-day registration is from 8:00–9:30 AM.

ENTRY FEE: \$10 if postmarked by Monday June 15, \$15 on race day. Make checks payable to Tanglewood Nature Center. All entry fee monies go to the Tanglewood Nature Center.

FACILITIES: There are restrooms in the Nature Center Museum; no showers or camping.

MORE INFO: Contact Tanglewood Nature Center at www.tanglewoodnaturecenter.com or 607-732-6060. For race director Jim Chely send an email to twood2004@aol.com.

COURSE: 50% logging roads, 35% trails, 15% fields. The loop is 5 miles, repeated again for the 10 mile race. See a map of the course on the other side.

WARNING: This is a trail run, not a road race. This run includes rough footing, rocks, roots, and a steep bank above a river that you will run along. This race is not for the faint at heart.

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ENTRY FORM: TANGLEFOOT TRAIL RUNS --- SUNDAY JUNE 21, 2009---10:00 AM---PLEASE PRINT

Name _____ Phone _____ Sex ____ Age _____

Address _____ Birthdate _____

City State _____ Zip _____ Email _____

Which distance do you plan to do? 5 M ____ 10 M ____ (you may switch during the race) Total \$ enclosed _____

Family member wish to help race day for free post race food? (food, aid station, other)? _____

SIGN WAIVER ON BACK & mail postmarked by Mon. June 15 with \$10 entry fee (\$15 thereafter); payable to Tanglewood Nature Center, to: Tanglewood Nature Center, 443 Coleman Ave, Elmira NY 14903;

Attn: Race Director Jim Chely

SEE OVER ➡



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DRIVING DIRECTIONS: From Ithaca: Follow NY 13 south to NY 17 East. Continue on NY 17 to Exit 56. Drive up the ramp to the first red light and turn right on to Church Street (also NY 352). Follow Church St west for about three miles traveling through the business district of Elmira and the residential district in West Elmira. Turn right at the red light on to Coleman Avenue, and continue North on Coleman to the top of the hill. Coleman Avenue narrows at the top of the hill, and a television tower will be on your left. Continue for about one half mile. Tanglewood will be on your left. Turn left into the driveway and continue to the parking lot. *For directions from other locations please go to www.tanglewoodnaturecenter.com and click on Driving Directions.*

DRIVING MAP: Go to www.tanglewoodnaturecenter.com click Driving Directions, and scroll down. Look for "Gleason Meadows" (the red star ★).

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Waiver:

I know that participation in a running event of this type is a hazardous activity. I fully understand that I, or the person that I am responsible for, will be subjected to harsh environmental conditions, including but not limited to, extreme temperatures, uneven terrain, rocks, roots, trees, stream crossings, wild animals, limited access to immediate medical assistance as well as any other conditions that man or mother nature may provide. I understand that there is a risk of sustaining bodily injury or even death. I certify that I, or the person I am responsible for, is of sound body and mind and truly capable of participating in this event. Therefore, I or the person that I am responsible for, release the race director(s), organizers, event staff, volunteers, sponsors, Tanglewood Nature Center and its employees, participants, and any other persons or organizations involved in this event from any liability that may be incurred by myself, or the person I am responsible for, as a result of my/his/her participation in this event. I understand that I, or the person I am responsible for, will be responsible for any cost of emergency service that is required during this event. I also understand that my competition number is not transferable.

Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

If under 18 years of age

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