



Twenty-second Annual
THOM BUGLIOSI TRAIL RUNS
Hammond Hill State Forest, Dryden NY
13k and 26k
Saturday, May 8, 2010 -- 10:00 AM
Both Races Part of Finger Lakes Trailrunners Circuit



This race is named in memory of Thom Bugliosi, who died at age 32 in 1991. At that time he was the top trail runner in this area. Thom loved running trails, and although he never ran this course, we're sure it wouldn't disappoint him.

DESCRIPTION..... This is the eleventh year this race will take place within Hammond Hill State Forest. The course consists of a 13k loop, which is repeated for the 26k! The course utilizes both the Finger Lakes Trail and the extensive DEC trail system, typically used for cross-country skiing, within this state forest. The trail will be marked with colored ribbons and intersections with red arrows posted on trees. These trails are rugged and challenging. Yet, you'll enjoy the variation in flora (oaks, beech, maples, and evergreen plantations), mud, and due to the lack of leaves this time of year, nice valley views. There'll be two aid stations on the course, plus the start/finish. There'll also be post-race food at the start/finish area.

CUT OFF..... Runners will not be allowed to continue on the second loop of the 26k after 1:50 hours.

WHERE..... This race will be held within Hammond Hill State Forest. The start/finish will be at the Earth Connection's Explorer Camp on Hammond Hill Rd. See map on other side.

WHEN..... Pick up your race number by 9:45 AM at start/finish area at the camp. Race starts at 10:00 AM

MORE INFO..... Call Evan Kurtz (607) 844-8081 or e-mail Evan at: kurtzes1@frontier.com. Results should be available on the FLRC website several days after the race at: www.fingerlakesrunners.org.

WARNING!..... *Keep an eye out for ribbons marking the trail or you'll end up off course.* Sprained ankles, mud, broken bones, lacerations, vicious mother ruffed grouse, 3-legged dogs, and vehicles at road crossings are some possible hazards. The Central NY Wilderness Search & Rescue crew *may* be on hand to help. *Carry a water bottle, as it could be hot.*

BRING..... A lawn chair and change of clothing to enjoy the post-race refreshments.

NO..... dogs, headphones, baby joggers. These are rude to other runners and dangerous.

AID..... We'll have water & Gatorade at the two aid stations on the course and at the start/finish area. *Aid stations may be unmanned. Bring your own other favorite foods & drinks!* 26k-er's will pass through the start/finish area before starting their second loop so may access personal goodies there as well as an additional aid station.

ENTRY FEE..... \$10 if postmarked by May 3rd, late and race day entries \$15. FLRC members may deduct \$2 from pre-registration only. Runners 18 and under pay half the above fees; FLRC discount applied before the half price discount. **Technical fabric Tee shirts** will be available race day, cost TBD (about \$18), prior years shirts also available at a discount; bring money. We reserve the right to reject any entry for any reason. No refunds.

REST ROOMS/SHOWERS..... Two out houses, sorry, no showers. *All human refuse and dead humans on the trail must be buried; no littering!*

FOOD..... Post-race food and drink will be provided.

DISTANCES..... Race will consist of a 13k loop, which the 26k-er's will do twice.

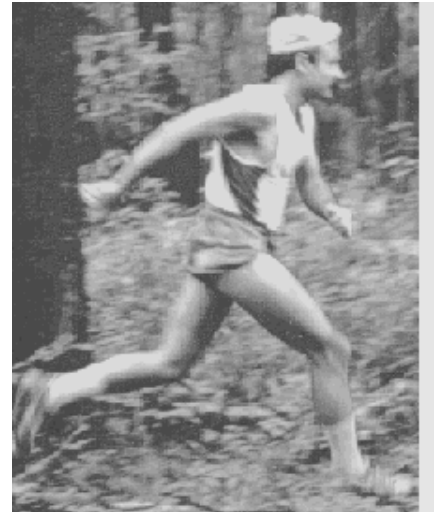
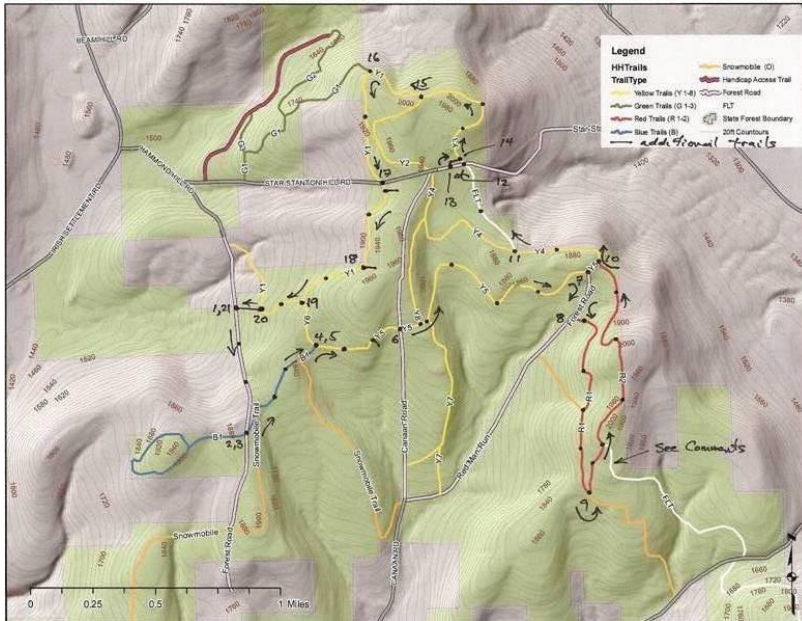
LODGING Hotels, motels, and bed & breakfasts are available in Ithaca and Cortland. One of the closest is the Embassy Inn Motel, Rte. 366 2 mi. east of Cornell U (607) 272-3721.

COURSE..... The 13k loop (which will be done twice for the 26k) will start and finish at the camp on Hammond Hill Rd. The loop will follow the yellow, blue and red marked cross-country ski trails and the white marked Finger Lakes Trail. Turns will be marked with colored ribbons and orange arrows posted on the trees.

DIRECTIONS: From I-81 north (Syracuse area): Take the first Cortland exit (Exit 12, the exit for Ithaca) to Rte. 281 south, toward Ithaca. It will merge with Rte. 13. Continue on Rte. 13 south, still toward Ithaca, through Dryden. After leaving Dryden take the first left, Irish Settlement Rd. Travel about 3.4 miles. Turn left onto Hammond Hill Rd. Shortly you come to a "Y", bear right. Continue uphill at the top of which is a parking lot on the right. Park here. The start/finish area will be only 0.2 mile down the road.

From I-81 south (Binghamton area): Take the Whitney Point exit. Follow Rte. 79 west toward Ithaca. You will go straight through a 4-way flashing red stop light in Richford. The next small village you will pass through is Slaterville Springs. Just as you leave Slaterville Springs take a right onto Midline Rd. After a few miles this road will become Irish Settlement Rd. A few miles later turn right onto Hammond Hill Rd (the first road to your right since Rte. 79). Shortly you come to a "Y", bear right. You will go uphill at the top of which is a parking lot on the right. Park here. The start/finish area will be only 0.2 mile down the road.

From Ithaca: take Rte. 13 north toward Dryden. Before entering Dryden take a right onto Irish Settlement Rd. Travel about 3.4 miles. Turn left onto Hammond Hill Rd. Shortly you come to a "Y", bear right. You will again go uphill at the top of which is a parking lot on the right. Park here. The start/finish area will be only 0.2 mile down the road.



Thom Bugliosi

THOM BUGLIOSI TRAIL RUNS -- SATURDAY MAY 8, 2010 --- 10:00 AM --- PLEASE PRINT

Name _____ Phone _____ Gender _____ Age _____
 Address _____ Birth date _____
 City & State _____ Zip _____ Email: _____

Total \$ enclosed (\$10 postmarked May 3, \$15 late and day of; see discounts above under "Entry Fee") _____

Entering which run distance? 13k _____ or 26k _____; you may switch during the race

Family member willing to help race day for a free lunch & shirt (record times at finish, aid)? _____

SIGN WAIVER and mail with entry fee (see above) --- payable to FLRC (FLRC members may deduct \$2), to: Thom B. Runs, c/o Evan Kurtz, 10 Hanford Dr, Dryden NY 13053

WAIVER: I, the undersigned accept full responsibility for myself and for any injuries I may incur during this Thom Bugliosi 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, lacerations, bruises, broken bones, insect bites, vicious rabbit or other animal bites, collisions with vehicles, 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 will not hold any of the organizers, landowners, Finger Lakes Runners Club, Earth Connections, Finger Lakes Trail Conference or FLTC trail sponsors, New York State Department of Environmental Conservation, Road Runners Club of America, Niagara Athletic Congress, USAT&F, 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 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 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 mankind.

Date _____ Signature _____
 If participant is under 18 the parent or guardian must also sign