

17th Annual



**Rich Lawrence Memorial
TORTOISE & HARE 10+ Km. TRAIL RUN/HIKE
& Free One-Mile Fun Run**

Lower Buttermilk Falls State Park, Ithaca, NY
~ 900' of total vertical climb for the 10+ Km—Part of Finger Lakes Trailrunners Circuit
9 am Saturday, June 6th, 2009



This race is dedicated to the memory of its founder, Rich Lawrence, who died in a canoeing accident in 1998. We thank Cynthia Lange, who was a very close friend of Rich, for her continued support and help at this race.

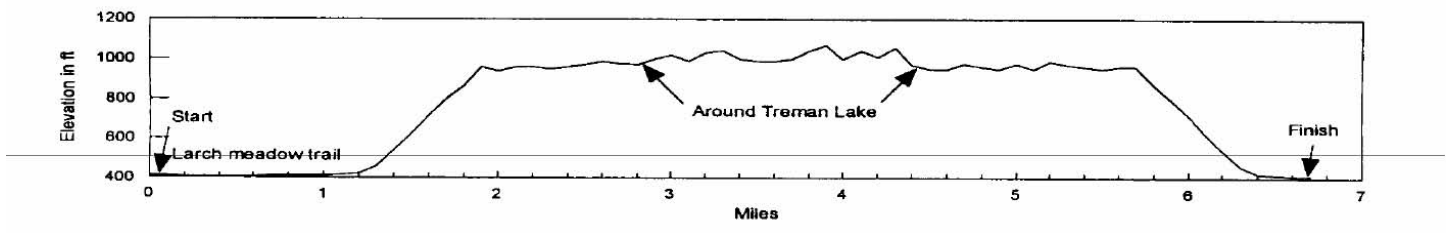
DESCRIPTION—Borrowing from the fable, this is a race for the slow as well as the fast. Speed alone is not the goal. The victory is in finishing the run. This is a good introduction to trail running (and to local trails), and one of the few trail runs accessible by city buses from Ithaca (#15 Southside Shopper—but the first trip doesn't arrive until 8:43am). The ONE-MILE trail course is practically flat; it can be completed by anyone regardless of age. The 10 K+ (10.8 km or 6.7 miles) is a trail run on a small scale (only ~900' of climb). It covers beautiful and varied terrain, the flat Larch Meadow Trail, the easy Bear Trail, the rolling Lake Trail, and only one long steep (400' in ½ mile) hill. There are three restrooms on the course. Delicious refreshments at the finish line.

WHERE—Start/Finishes: 10K+ will start at 9:00 am and the 1 mile at 9:05 am on the **Larch Meadow of Lower Buttermilk State Park**. The one-mile run finishes on the ballfield. The 10 K+ finishes near the shelter across the road from the ballfield.

WHEN—Race starts at 9:00 am sharp. Registration opens at 8:00 am and ends at 8:45 am. **There will be no registration or number pick up after 8:45 am!**

ENTRY FEES—10K+: \$5 if postmarked by Saturday May 30th, thereafter \$10. Make checks payable to FLRC. FLRC members may deduct \$2. 18 and under, ½-price entry fee; membership discount applied before half price discount. No refunds. **One Mile Fun Run:** Free. **Be prepared to pay the State Park daily entrance fee for parking at Start/Finish!** It is possible to park for free about 0.4 miles away at the little mall on Route 13 northeast of the state park.

FINISHER AWARDS—10K+: (male & female): Quirky awards will be given in various categories, including the usual Clydesdale Divisions (male 190 lb.+, female 150 lb.+) for runners who expend more energy per mile—a too long ignored category). **One Mile:** Awards for all kids in this fun run.

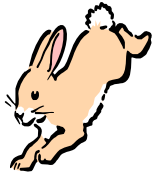


**ENTRY FORM - TORTOISE AND HARE 10+ Km & 1 MILE FUN RUN SATURDAY JUNE 6, 2009—9 AM --
PLEASE PRINT**

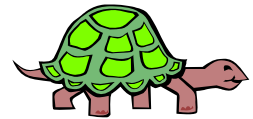
Name _____ Phone _____ Sex _____
Address _____ Age _____ Weight _____ lb
City, ST _____ Zip _____ Birthdate _____ Email: _____

Which race (10 K+ or free 1 Mile)? _____
\$ Enclosed? (See **Entry Fees** above) _____

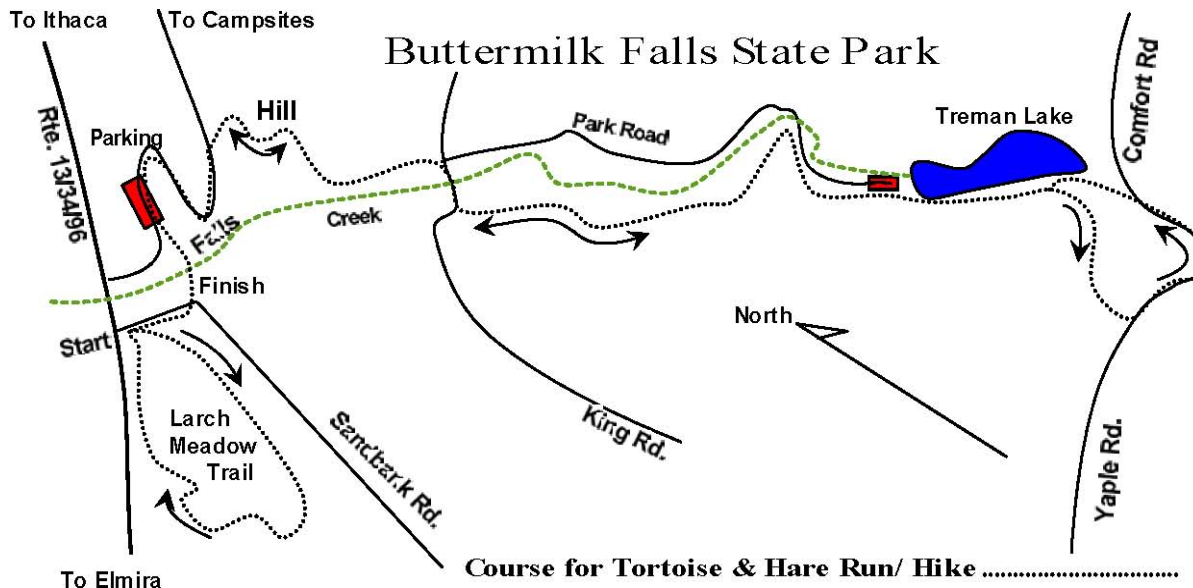
Make **checks payable to FLRC**; pre-entry must be postmarked by Saturday, May 30. **SIGN WAIVER ON BACK & mail to: TORTOISE, c/o FLRC, Box 4984, Ithaca NY 14852-4984 over** ▼



Rich Lawrence Memorial
TORTOISE AND HARE 10+ Km. TRAIL RUN/HIKE
 & Free One Mile Fun Run
 Lower Buttermilk Falls State Park, Ithaca, NY
 9 am Saturday, JUNE 6, 2009



WARNING -On trail runs, unlike road races, the footing is NOT LEVEL. It is UNEVEN and can be dangerous. A fall or an injury is possible. Insect bites, lacerations, sprained ankles, broken bones, and vehicles at road crossings are some possible hazards. There will be no medical team on hand and we have no insurance to cover your medical costs.



COURSE—From start go across the ballfields and around the marshy Larch Meadow Trail. Back into the open one-milers go to finish, 10 K'ers go left and cross Sandbank Rd., pass the Falls, and go up the campsite road. A right onto the service trail and uphill (400' climb) for about ½ mile. Right at King Rd., across the bridge, and an immediate left onto Bear Trail. After almost a mile, turn right skirting the open fields. Pass the restrooms, go uphill to Tremans Lake. Bear right counter-clockwise skirting lake (for about ½ mile). Turn right on the orange blazed spur of the Finger Lakes Trail (If you go by the lean-to you've gone too far). Turn left onto Yaple Road, and left at Comfort Road. After crossing the bridge go left onto the service road. Turn left onto the trail after about ¼ mile; keep the lake on your right. Retrace trails back down to finish line at the pavilion.

WATER STOPS—Three water stops at approximately 2, 4, and 5.5 miles

RESTROOMS / SHOWERS—YES! A trail run with four close-at-hand restrooms, a natural pool at the bottom of Buttermilk Falls, and a bathhouse! (Cold water for showers)

MORE INFO—Contact race directors: KC Bennett at (607) 257-2108, kcb1@cornell.edu, or Becky Harman, rmh12@cornell.edu. Find Results on FLRC website www.fingerlakesrunners.org soon after the race.

10K+ PRESENT COURSE RECORDS—Nathan Lockett 40:58, Becky Harman 49:21

WAIVER:

I, the undersigned accept full responsibility for myself and for any injuries I may incur during this Tortoise 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, lightning strikes, insect bites, animal bites, collisions with vehicles or barbed wire, hypothermia, and heat exhaustion are real possibilities. I fully understand that there will be no medical or emergency personnel on the course. I have trained sufficiently for this event. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Buttermilk Falls State Park, Cayuga Mountain Bike Shop, Finger Lakes Trail Conference, New York State Department of Parks and Recreation, 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 then parent or guardian must also sign. **SEE OVER** ▼