



ITHACA TWILIGHT 5K 5K Road Race

Wednesday, June 15th, 2016 at 7 PM



ABOUT

The Ithaca Twilight 5K is a fun, family-friendly event on an early-summer evening. Whether you run or walk, you'll finish in daylight because it's held on one of the longest days of the year. With a flat course and relatively few road crossings, it's a perfect first 5K for all ages. Enjoy the party atmosphere at the start/finish at the Ithaca High School track, with tunes throughout and pizza for all afterwards! The race is chip-timed by Leone Timing.

Comfy cotton T-shirts with an all-new logo are available for purchase this year, in both men's and women's styles. See the race Web site for pictures. Pre-order to be sure of getting one!

If you want to beat the race-day rush, you can pick up your bib number and shirt or register late on Tuesday, June 14th from 11 AM–6 PM at the Finger Lakes Running & Triathlon Company on the Ithaca Commons.

WHERE

The race starts and finishes at the Ithaca High School track, 1401 North Cayuga Street, Ithaca NY 14850. There is ample free parking in the high school lots off Cayuga Street and Lake Street.

WHEN

The race starts at 7 PM.

Day-of-race registration and packet pick-up are at the track from 5:30 PM–6:45 PM.

REGISTRATION

Online pre-registration is strongly encouraged and is open until 10 AM on June 13th.

Pre-register at: fingerlakesrunners.org/road-races/twilight-5k/ or return the form on back by June 10th.

Day-of-race registration closes at 6:45 PM.

FEES

\$20 for pre-registration, \$25 for late registration (after 10 AM on June 13th).

FLRC members may deduct \$5 only when pre-registering. **No discounts for late registration!**

Runners 18 and under may pre-register for free or register late for \$10.

T-shirts are available for \$20.

COURSE

Course map available at fingerlakesrunners.org/road-races/twilight-5k/

- Start on the Ithaca High School track and run 1.5 laps clockwise.
- Exit the track at the southeast corner and run north on the bike path along Lake Street.
- Cross Cayuga Street, go under Route 13, and head for Stewart Park along the south side of Gibbs Drive.
- Run counter-clockwise through Stewart Park, following the Waterfront Trail on the north and the park road on the south.
- Retrace your steps along Gibbs Drive and under the Route 13 overpass, then turn right onto Cayuga Street.
- Turn left into the IHS bus lane, head back to the track, and run $\frac{3}{4}$ lap counter-clockwise to a triumphant finish in front of the stands.

NOTES

- Restrooms are available, but no changing facilities or showers.
- A water station close to the Stewart Park entrance is accessible both when entering and leaving the park.
- Post-race pizza, snacks, and drinks will be provided.
- Results will be posted at the race and will also be available at the RunSignUp and FLRC Web sites.
- For remaining questions, contact race directors Maria Costanzo (607-227-9268, mcc@twcny.rr.com) or Gary McCheyne (gary@cayugamusic.com).



WARNINGS

The course crosses an active railroad track. We can't control or predict the train schedule, and if the barrier is down, **you must stop**. If you try to cross the track at this time, you will be disqualified (if you make it). Also be aware that the course includes roads that are open to traffic. Course marshals will assist you in crossing, but all runners need to be alert and aware of traffic.

AWARDS

Each winner receives a beautiful handmade pottery mug from Front Porch Pottery. The award ceremony takes place shortly after the race, with awards in the following categories:

- First overall open male and female
- First overall masters (40+) male and female
- First in each of these age groups, male and female:
1-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

POLICIES

- No dogs, headphones, or jogging strollers. These make the race dangerous for everyone.
- The race directors reserve the right to reject any entry for any reason.
- Entry fees are non-refundable, even if the race is canceled because of an act of nature or mankind.
- This race is organized by the Finger Lakes Runners Club and insured by the Road Runners Club of America.

Cut entry form here!

ENTRY FORM

Please print neatly and remember to include your check!

Name (First Last): _____

Hometown: _____ Sex: _____ Age on race day: _____

Email Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Optional T-shirt Style and Size (add \$20): Men's S M L XL Women's S M L XL

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and have trained properly. I agree to abide by any decision of a race official as to my ability to safely complete the event. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, the effects of the weather including humidity and temperature, road conditions including traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsoring and affiliated parties including the FLRC officers, race directors and volunteers, Ithaca City School District, City of Ithaca, Town of Ithaca, Ithaca Fire Police, Ithaca Police Department, Tompkins County Sheriff's Department, Road Runners Club of America, USATF, USATF Niagara, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose. I also understand that all entry fees are non-refundable.

Signature: _____ Date: _____

Signature of parent or guardian if participant is under 18 years of age: _____

Mailed entries must be postmarked by June 10th and sent with a check payable to **FLRC** to:
Ithaca Twilight 5K, c/o Maria Costanzo, 206 Utica Street, Ithaca NY 14850