



## Finger Lakes 50s Final Instructions

Congratulations! You are in the Finger Lakes 50s Trail Races, which is less than one week away, Saturday, July 1. All of you have been assigned a timing chip and they're adhered to your bibs and bibs are labeled with your info. I won't have internet connection from Wednesday through the end of the race, as I'll be preparing the trails for your arrival. The race hit the cap of 250 registrants in just 3 hours and 20 minutes and there have been an additional 265 on the wait list – a record. I look forward to all of you lucky ones showing up at the Potomac Group Campground in the Finger Lakes National Forest this weekend. This email is the final communication and has important details about parking, packet pick-up times, camping, race rules including cut-off times and much more. I know you've received several emails from me, but this one is important, so **please make sure you look over the entire message**. All of this info is available from the race [website](#), and is also available in PDF format on the [race home page](#) for your convenience. I will be at the National Forest from Wednesday, June 28 until after the race, so if you need to reach me ([fl50strailraces@gmail.com](mailto:fl50strailraces@gmail.com)), do so before Wednesday as I won't be able to check email.

**PARKING AND DIRECTIONS** – Please abide by the “no parking” signs. **There will be no parking on the east side of Potomac Road covering about a mile from the Picnic Area Road to Chicken Coop Road. There will be orange cones and “no parking” signs along this stretch of Potomac Road.** There will also be no parking in the drive way of the Potomac Group Campground, nor the Potomac Group Campground parking lot – this small parking lot is reserved for race and Wilderness Search and Rescue crew only. If you park in these areas, or on the east side of Potomac Road, it would suck for you to run all day and then not find your car because it was towed. With this said, please prepare to possibly walk a short distance to the campground/race headquarters. Need directions: put “Potomac Group Campground Trumansburg NY” into [Google Maps](#).

**PACKET PICKUP** – There will be items for sale from past FL50s races for cheap! Put a few dollars in your pocket or bring your checkbook for this purpose (no credit cards – sorry). **Friday is the best time to pick up your packet** at the Potomac Group Campground pavilion – race headquarters and start/finish staging area.

**Friday, June 30:** Packet pick-up opens for all runners/all distances at 4:00pm and closes 7:30pm.

**Saturday, July 1 (race day):**

- **50K and 50 Mile only** from 5:00am to 6:10am; pre-race announcements start at 6:15, race starts at 6:30am
- **25K packet pickup** from 6:30am to 7:40am; pre-race announcements starts 7:50, race starts at 8:00am. If you're doing the 25K, you will not be able to pick up your packet until after 6:30am.

**RUNNER CHECK-IN** – **ALL RUNNERS WILL NEED TO CHECK IN THEIR BIB NUMBER AT THE START LINE PRIOR TO YOUR RACE EVEN AFTER PACKET PICK-UP. This is to ensure who is actually on the course on race day.**

**RACE BIBS** – Bib numbers must be worn and visible on your **front** at all times during the race – your number will be checked at about 8 different locations on the course each loop, and your bib needs to be visible. **Do not remove or fold the two timing chip strips** adhered to the back of your bib. Also, **do not remove the tear-off section** from the bottom of your bib – this is needed for finish line purposes after you cross the finish line.

**CAMPING OR NOT CAMPING – OR NEED A RESTAURANT** – Camping opens at the Potomac Group Campground on Thursday, June 30 at 12:00pm and closes on Sunday at 10:00am; there will be room for everybody. If you camp, you must carry out what you bring in – **please clean up your site – I don't want to have to do it for you**. If you're not camping, but need a bed, you can find other accommodations (hotels and B&Bs) and restaurant info [here](#). Also check [Air BnB](#).

**FIREWORKS** – Sorry, but **fireworks are not permitted** in the Finger Lakes National Forest during race weekend. If it happens, we will lose our National Forest permit for the race – we don't want that to happen. There are possible public fireworks displays available in Ithaca and Watkins Glen and other surrounding areas during the weekend – do some Google searches.

**RACE RULES** – most importantly, have fun on these fantastic trails! But, consider:

- **No littering** – carry it in, carry it out, or carry it to the next aid station and put it in the provided trash bag.
- **Be aware of horses** on the race course. If approaching a horse rider, either from the front or behind, announce yourself well ahead of time so you don't startle the horse and buck the rider.
- **Cow Gates** – as you approach and leave the 3 cow pastures (2 gates per pasture; 6 gates per loop), you **MUST** ensure the gates are closed behind you – even if there's a runner visible behind you. Cows must not be able to get out of their fields! It's happened, so close the gates. "Don't let the cows out!"
- **Headphones/earbuds** – prohibited for the first 3 miles of the race due to trail congestion and road crossings; thereafter, listen responsibly: you need to hear cars on the road sections, hear runners coming up behind you, volunteers providing instruction, hear horses approaching, etc. Consider running with only one earbud in if you absolutely need to have them at all. Better yet, listen to the sounds of the woods and chat with a runner!
- **Dropping from the race** – if you decide to drop from the race, you **MUST** tell a race official and turn in your race bib – preferably tell a Wilderness Search and Rescue volunteer or me at the finish line area. If you don't report you're dropping and we don't have record of you finishing, we will be out searching for you all night – it's happened before and we don't want to do it again, so please tell someone you're dropping.
- **Dogs** – No dogs are permitted while running in the race. It is very much preferred to not have any dogs at any of the aid stations or at the Potomac Group Campground. I love dogs – I've had my own in the past – but sorry, there are lots of people, and dogs can get in the way. The main reason for this is that in the past we've had runners tripped by dogs, dogs getting in fights, and dogs getting aggressive with other people. You might think your dog is well-mannered, but you never know how it's going to react in any given situation with lots of people and all kinds of people running by. If you bring a dog, the adult owner needs to be responsible and in control of the dog at all times. Dogs must be kept on a leash at all times.
- **Continuing After Each Loop:** Each time you come through the lap area and intend to go on for the next lap, you must do this within a reasonable period of time after crossing the timing mats. If you meet the cut-off time, but linger at the aid station and the cut-off time lapses, you will not be permitted to continue because you didn't start the next loop BEFORE the cut-off time.

#### **CUT-OFF TIMES AND CHANGE OF DISTANCES**

- **25K runners:** no cut-off times in place, and no changing of distance. All 25K-ers must start the race at 8:00am.
- **50K runners: 12:00 noon (5.5 hours)** – you must have completed one loop and left the Living Room/finish line area by 12:00 noon. If you cross the timing mat at 11:59, you've made the cut-off time, but if you hang around the aid station until past 12:00 noon, you miss the cut-off and you will be stopped. You must leave the aid station for your final loop by 12:00pm. If you've met the 50-mile cut-off times and feel good, you can continue on to complete the 50-mile race. However, if you start the third loop and stop, you will be a DNF and not a 50K finisher. One loop (25K) does not give you a 25K time – it's a DNF.
- **50 Milers:**
  - **2:15pm (7 hours 45 minutes)** – you must have completed 2 loops and have left the Living Room/finish line area by 2:15pm. You cannot hang around the aid station past 2:15pm or you will be stopped and will finish with a 50K finishing time.
  - **5:00pm (10 hours 30 minutes)** – on your third loop you must reach and leave the Library Aid Station (roughly 10 miles into the loop/43 miles into the race) by 5:00pm.
- **50 Mile and 50K registrants can decide what distance to complete during the race** - it doesn't matter which race you registered for (50K or 50 mile). After completing 2 loops (50K), you can decide to stop with a 50K finish, or go on for the third loop plus half-mile baby loop and complete the 50-mile race. If you start the third loop and stop, you will be a DNF and not a 50K finisher.

**DROP BAGS** – there is no real reason for drop bags out on the course other than the Living Room Aid station/finish line area. Each loop is about 16.5 miles and the Living Room is the perfect place and distance for all your needs – there will be plenty of room for you to keep your drop bags there. However, if you absolutely feel the need to have a drop bag on the course, the only other location available for drop bags is the Library Aid Station – about 10 miles into the loop. You

need to have your bag identified with your name, bib number and phone number, and check it in at the race headquarters by 7pm on Friday night. You will have to retrieve your drop bag from the Library or wait until it returns to the Living Room/finish line area, which could be as late as 8:00pm.

**PACERS** – No pacers for 25K or 50K runners. And, if you're doing the 50 miler, it's a 16.5-mile loop and you've run the loop twice by now – do you really need a pacer? 50 milers will be permitted to have a pacer for **the 3<sup>rd</sup> loop and the half-mile baby loop only**. All pacers must register and sign a waiver and wear the Pacer bib on their front. Pacers cannot mule (carry anything) for their racer. Pacer waiver and info is [here](#) or you can sign a waiver at the packet pick-up. There is no cost to be a pacer. But, if pacers want a BBQ meal, those are \$12.00 each and can be purchased during packet pickup.

**AWARDS** – Finisher awards will be provided as you cross the finish line when we tear your bib tag off. There will be winner's awards given out to male and female overall, male and female masters (40+), and 10-year age group winners for each of the 3 races. 25K awards will be given out around 11:30-ish; 50K around 12:30-ish; and the 50-mile around 4:30-ish.

**CELL SERVICE** – it's pretty iffy in the National Forest; it all depend on your carrier and the weather, so be prepared to have spotty or no service at all.

**WATER AND ELECTRICITY** – Potable (safe to consume) water will be available from a 1,000-gallon container – please use the provided hose with an on/off valve at the end of the hose, which will be extended behind the permanent bathrooms at the Potomac Group Campground. The use of lots of water floods the area of the water trailer and we need to keep the water away from the area as much as possible. There is no electricity available, so bring your batteries.

**GREEN** – We will have cups at aid stations, but consider not using them especially if you're carrying a water bottle or hydration pack. We are considering having composting and recycling available at the Living Room/finish line area. Please pay attention to where you throw your trash and read appropriate signs.

**VOLUNTEERS** – over 50 volunteers will be helping you out before, during, and after the race. Take time to thank them and make them smile! It has taken many, many volunteer hours finding those volunteers, finding and organizing awards and shirts, monitoring the registration on Ultra Signup, answering your emails, mowing and weed whacking the 16.5-mile loop, marking the trail, organizing the BBQ and aid stations, cleaning up everything after the race, and much more.

**NEED MORE INFO?** – go to the [FAQ page](#) and/or the [race website](#). And, as always you can email me at [fl50strailraces@gmail.com](mailto:fl50strailraces@gmail.com).

Thanks for paying attention to these and other important items. This is a huge race with lots of logistics, so I appreciate your cooperation. Having fun is most important, and you'll be rewarded when you cross the finish line with great awards, BBQ and kegs! See you race weekend.

Steve Shaum  
Finger Lakes 50s Race Director