



ITHACA TWILIGHT 5K 5K Road Race

Wednesday, June 21st, 2017 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. Technical fabric T-shirts are available for purchase, 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 20th 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 19th. Register at fingerlakesrunners.org/races/twilight-5k/ or return the form on back by June 16th. **Day-of-race registration closes at 6:45 PM.**

FEES

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

