



The 22nd Annual

DANBY DOWN & DIRTY

10K and 20K Trail Runs

Saturday, October 5th, 2019 at 9 AM



ABOUT

FLRC's final trail race of the year offers two distances so everyone can enjoy the crisp autumn weather and gorgeous fall foliage in the lovely Danby State Forest. The course comprises about 60% single-track trails on the Finger Lakes Trail and Abbott Loop and 40% dirt and logging roads. While it is fine to switch from one distance to the other mid-race, as a courtesy to our volunteers, all runners coming through the 10K after 10:30 AM will be directed to the finish line. If it's a clear day, sacrifice a few seconds to enjoy the spectacular multi-county views from the Pinnacles halfway through the 10K loop before plummeting headlong down a twisty trail! Afterward, relive your race while enjoying seasonal post-run refreshments with your fellow runners.

WHERE

The start/finish is 2.5 miles south of Danby on Michigan Hollow Road at the intersection with Smiley Hill Road. Park only on the west (right) side of the road. For a map and driving directions, see goo.gl/maps/VsJd34DmYks

WHEN

The 10K and 20K races start together at 9:00 AM.
Day-of-race registration and bib pickup is between 7:45 and 8:45 AM.
Please arrive at least 30 minutes prior to the race to pick up your bib number.

REGISTRATION

Online pre-registration is strongly encouraged and is open until 6 PM the night before the race. Register at fingerlakesrunners.org/races/danby-down-and-dirty/ or return the form on back by September 28th.
Day-of-race registration closes at 8:45 AM!

FEES

\$15 for pre-registration, \$20 for day-of-race registration.
FLRC members may deduct \$5 only when pre-registering. **No day-of-race discounts!**
Runners 18 and under may pre-register for free or register on race day for \$10.

NOTES

- Port-a-johns will be available, but there are no showers or changing facilities.
- There will be one aid station midway through the 10K (20K runners pass it twice) and another at 10K.
- We use only compostable cups; please take care of your non-compostables on your own.
- No littering! All human refuse and remains on the trail must be buried. Because... blech!
- Tasty post-race food and drinks will be provided.
- Results will be made available shortly after the race via Webscorer; visit the FLRC Web site for full results later.
- This race is part of the Finger Lakes Trail Circuit, for all you Pebbleheads, Stoneheads, and Boulderheads.
- For remaining questions other than directions (for those, consult Google Maps, a GPS, or paper map!), contact race director Pete Kresock (pete.kresock@gmail.com).

AWARDS

Drinkable prizes will be awarded in the following categories:
• First in each of these age groups, male and female:
Under 40, 40-49, 50-59, 60-69, and 70+



RECORDS

10K: Ian Golden 41:47 (2007) and Robyn Ellerbrock 49:48 (2011)

20K: Eric Sambolec 1:29:36 (2008) and Yvette DeBoer 1:41:19 (2009)

WARNINGS

- Look for trail markers or you could end up off course! As with all trail runs, it's on you to pay attention.
- Unlike road races, the footing is not level. It is uneven and can be dangerous. A fall or injury is possible.
- Use caution during the first 1.5 miles on Michigan Hollow Rd. due to high-speed traffic and poor sight lines.
- Insect bites, mud, treacherous footing, fallen logs, and vehicles at road crossings are possible hazards.
- Heat could still be a concern this time of year; if so, carry drink and watch for symptoms of heat exhaustion!
- Cold weather could also be a problem; if so, bring warm clothes for after the race to prevent hypothermia.

POLICIES

- **All runners coming through the 10K checkpoint after 10:30 AM will be directed to the finish line.**
- **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 for any other reason.
- 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): _____ 10K 20K

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

Email Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

WAIVER

I, the undersigned accept full responsibility for myself and for any injuries I may incur during this Danby Down & Dirty Trail Run. I fully understand that participating in this event may be dangerous to my health. Sprained ankles, cuts, bruises, broken bones, insect bites, lacerations inflicted by sticks or rocks, collisions with high speed vehicles, and hyperthermia or hypothermia are real possibilities. I have trained sufficiently for this event. I will not hold any of the Finger Lakes Runners Club, Finger Lakes Trail Conference, Cayuga Trails Club, New York State Department of Environmental Conservation, Road Runners Club of America, USATF, USATF Niagara, 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 fully understand that there may be no medical or rescue personnel on the course. I grant the race organizers the free use of my name and any photos or videos of me from the event for any use related to the race that they see fit. I acknowledge that my entry fee is not refundable, even if the race is canceled by an act of nature or man. If participant is under 18, agreeing to this waiver indicates that the parent or guardian has approved this activity.

Signature: _____ Date: _____

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

Mailed entries must be postmarked by September 28th and sent with a check payable to **FLRC** to:
Danby Down & Dirty, P.O. Box 4984, Ithaca, NY 14852