



The 31st Annual

FOREST FROLIC TRAIL RUNS

7K and 15K Races

Saturday, August 3rd, 2019 at 9 AM



ABOUT

These classic trail races take place on the beautiful orange- and white-blazed trails through Kennedy State Forest. The 15K (8.9 mile) course is a figure 8 that boasts 1700' of climb; the 7K (4.1 mile) course follows the shorter, more scenic loop of the 15K course and features only 700' of climb. Both courses send you splashing across a stream and ascending to the rock pile where the famed Monster (of the Monster Marathon) used to dwell.

The courses consist of 50% single-track trail, 30% logging roads, and 20% dirt roads. The trail is well-marked (painted blazes on trees, double blazes at turns) and cleared of brambles. Perhaps the giant fungus will return! Want to make a weekend of it? Come the day before with a tent and you can camp for free right by the start/finish at the primitive Hauck Hill campsite on lush moss beds. Make sure to bring water.

WHERE

The races start and finish at the Hauck Hill campsite on Hauck Hill Road in Virgil, NY (technically Cortland, NY). Navigate to the intersection of Hauck Hill Road and Bleck Road; the campsite is 0.4 miles down the rugged (dirt) side of Hauck Hill Road. Park only on the right side of the road as you head in to the start!

WHEN

The race starts at 9 AM.
Please arrive at least 30 minutes prior to your 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/forest-frolic/ or return the form on back by July 30th.
The race is limited to 175 participants. Day-of-race registration closes at 8:30 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 the day of race for \$10.

RECORDS

7K: Nate Lockett 25:28 (2007) and Fern Beckhorn 34:10 (2007)
15K: Zack Rivers 59:16 (2007) and Katie Danner 1:08:20 (2006)

NOTES

- A port-a-john will be available, but there are no showers. See "primitive" campsite above.
- No littering! All human refuse and remains on the trail must be buried. Because... blech!
- Wilderness Search and Rescue will be on hand to assist lost or injured runners. Let's ensure they're bored.
- Tasty post-race food (fruit, cookies, etc.) and drinks (water, Gatorade, soda, beer) 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 directors Peter Dady (dady@toast.net) or Mike Stone (me.runalot@gmail.com).



WARNINGS

- Look for trail markers and blazes or you'll end up off course! As with all trail runs, it's on you to pay attention.
- Many will get lost momentarily. If you see no blazes ahead of you, go back!
- Unlike road races, the footing is not level. It is uneven and can be dangerous. A fall or injury is possible.
- Insect bites, mud, treacherous footing, fallen logs, and vehicles at road crossings are possible hazards.
- Heat could be a problem this time of year; if so, carry drink and watch for symptoms of heat exhaustion!

DIRECTIONS

From Ithaca: Take Route 13 north toward Dryden. At the intersection of Route 13 and Route 392 in Dryden, go east 4 miles on Route 392. At the bottom of the hill, turn right on West Meeting House Road. After 0.3 miles, turn left on Daisy Hollow Road, which soon becomes Babcock Hollow Road. After 1.4 miles, turn left on Hauck Hill Road. Continue on up a steep hill to cross Bleck Road after 1.1 miles. Park from here on, but only on the right side of the road. The Hauck Hill campsite is 0.4 miles ahead.

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 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): _____ 7K 15K

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

Email Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

WAIVER

I, the undersigned accept full responsibility for myself for any injuries I may incur during this Forest Frolic Trail Run. I fully understand that participating in this event may be dangerous to my health. Sprained ankles and wrists, lacerations, bruises, broken bones, insect bites, vicious rabbit or other animal bites, collisions with vehicles, hypothermia, and heat exhaustion are real possibilities. I fully understand that there may be no medical or emergency personnel on the course. I have trained sufficiently for this event. I will not hold any of the organizers, landowners, Finger Lakes Runners Club, Finger Lakes Trail Conference or FLTC trail sponsors, New York State Department of Environmental Conservation, Road Runners Club of America, USATF, USATF Niagara, Greek Peak Mountain Resort, 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.

Signature: _____ Date: _____

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

Mailed entries must be postmarked by July 30th and sent with a check payable to **FLRC** to:
Forest Frolic, P.O. Box 4984, Ithaca, NY 14852