



The 45th Annual

ITHACA 5 & 10 5K & 10K Road Races



Sunday, September 15th, 2019 at 8:30 AM (Fun Run) and 9:15 AM (5K & 10K)

ABOUT

This year marks the 45th consecutive running of Ithaca's oldest continuous road race, the Ithaca 5 & 10. This family-friendly event includes a free 1-mile Family Fun Run for kids. The 5 & 10 is a flat, fast course through the Fall Creek neighborhood, starting and finishing at Ithaca High School. Run a single loop for 5K; repeat for 10K! The race is chip-timed by Leone Timing.

This year every runner will receive a pair of FLRC socks! Make sure to check the appropriate size box on the registration form.

You can register late and/or pick up your bib number and socks on Saturday, September 14th from 11 AM-5 PM at the Finger Lakes Running Company behind Purity Ice Cream.

WHERE

The races start and finish at Ithaca High School, 1401 North Cayuga Street, Ithaca NY 14850. There is ample free parking in the high school lots off Cayuga Street and Lake Street. Race headquarters is in the Activities Building (next to Kulp Auditorium). The race start will be on Cayuga Street near IHS, and the finish will be in the IHS bus lane.

WHEN

The 5K and 10K will start together at 9:15 AM.
The Family Fun Run starts at 8:30 AM.
Day-of-race registration and packet pick-up are in the IHS Activities Building from 7:00-8:45 AM.

REGISTRATION

Online pre-registration is strongly encouraged and is open until 10 AM on Friday, September 13th. Register at fingerlakesrunners.org/races/ithaca-5-10/ or return the form on back by September 9th.
Day-of-race registration closes at 8:45 AM.

FEES

\$20 for pre-registration, \$30 for late registration (after 10 AM on Friday, September 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.
The Fun Run is free, but all runners still need to register.

COURSE

The 5K course will be a single loop through the Fall Creek neighborhood; the 10K course will be two loops. A course map is available on the FLRC Web site.
The Fun Run course goes from Ithaca High School around Boynton Middle School and back. It is run entirely on sidewalks and bicycle paths.

NOTES

- Restrooms are available, but no changing facilities or showers.
- There will be two water stations per loop.
- Post-race refreshments 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 director Gary McCheyne (607-351-7378; gary@cayugamusic.com).



WARNINGS

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

The award ceremony takes place shortly after the race, with awards in the following categories:

- First overall open (under 40) male and female
- First overall masters (40+) male and female
- First overall vet (50+) male and female
- First overall super-vet (60+) male and female

POLICIES

- Unlike some other FLRC races, you may not switch distances after the start.
- 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): _____ Fun Run 5K 10K

City, State: _____ ZIP: _____ Sex: _____ Age on race day: _____

Email Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Sock Size: S (M5-6, W4-6) M (M6-7.5, W7-9) L (M8-11, W10-12) XL (M12-14)

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run the Ithaca 5&10 unless I am medically able and have properly trained. I agree to abide by any decision of a race official as to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, weather conditions including humidity and temperature, 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 the Finger Lakes Runners Club, FLRC officers, race directors, sponsors and volunteers, Leone Timing, the Finger Lakes Running Company, the City of Ithaca, Ithaca Police Department, Bangs Ambulance, Local #737 Ithaca Paid Firefighters Association, Road Runners Club of America, USATF, USATF Niagara, Ithaca High School, 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 September 9th and sent with a check payable to **FLRC** to:
Ithaca 5 & 10, P.O. Box 4984, Ithaca, NY 14852