



The 31st Annual

## MONSTER MARATHON (& HALF)

### 13.1 and 26.2 Mile Trail Runs

Saturday, September 21st, 2019



#### ABOUT

These trail races use the Cayuga and Finger Lakes Trails to provide views of some of the most beautiful gorges in Ithaca, NY. The course consists of two identical out-and-backs of 13.1 miles each, starting at Robert H. Treman State Park and traversing mostly single-track trails. Don't let the fact that the races start in a park fool you—the course includes its fair share of roots, rocks, steps, briars, steep climbs, and quad-pounding descents.

The Monster Marathon and Half Marathon feature age/sex-based early starts. Men under age 38 start with the race clock, but women and older men head off early, with the individual handicaps determined by the World Masters Athletics Age-Graded Tables. The win could come down to a kick to the finish between a 65-year-old grandmother (101-minute head start) and her 40-year-old son (4-minute head start).

#### WHERE

Race start and finish is at the South Shelter, Lower Treman (across the creek from the main parking lot). Robert H. Treman State Park, 105 Enfield Falls Road, Ithaca, NY 14850.  
Be prepared to pay an \$8 New York State Parks admission fee.

#### WHEN

Both races have age/sex-staggered head starts; please arrive at least 15 minutes before your start time. The race clock starts at 8 AM for the marathon and 9 AM for the half marathon.  
You can look up your handicap and start time on the race Web site linked below.

#### REGISTRATION

**Pre-registration is required** and is open through 6 PM on September 19th. **No day-of-race registration!**  
Register at [fingerlakesrunners.org/races/monster-marathon/](http://fingerlakesrunners.org/races/monster-marathon/)  
You may also return the form on the back with your payment by September 19th.

#### FEES

\$40 for the marathon, \$30 for the half marathon. Registration includes lunch at the finish for all runners. Runners 18 and under pay \$20 for the marathon, \$15 for the half marathon.  
FLRC members may deduct \$5 from any of these fees.

#### NOTES

- Restrooms and showers are available at Robert H. Treman Park.
- You can also camp overnight at Treman; reserve a spot at [newyorkstateparks.reserveamerica.com](http://newyorkstateparks.reserveamerica.com).
- Coffee and breakfast items will be available before the race.
- Well-stocked aid stations are located 3–4 miles apart on the course.
- 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, contact race director Daniel Longaker ([dlongaker@gmail.com](mailto:dlongaker@gmail.com)).

#### AWARDS

The award ceremony takes place shortly after the race, with awards going to the top five runners in each distance (age and sex are already factored into the starting times).



## RECORDS

**Marathon:** Yvette De Boer 3:06:50 (2018)

**Half Marathon:** Adam Pacheck 1:28:01 (2017)

## WARNINGS

• **Those running the full marathon must be trained for ultra-marathon effort!**

- 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.
- Insect bites, mud, treacherous footing, forest monsters, 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!

## POLICIES

• **Full marathoners finishing the first out-and-back after 10:30 AM will not be allowed to continue!**

- 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.
- Meals for family and spectators are available, but must be purchased during registration.
- 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): \_\_\_\_\_  13.1  26.2

Hometown: \_\_\_\_\_ Sex: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of Extra Lunches (\$20 each): \_\_\_\_\_

## WAIVER

I, the undersigned, accept full responsibility for myself and for any injuries I may incur during the Monster Marathon and Half Marathon Trail Run. I have read both pages of this application and fully understand that participating in this event may be dangerous to my healthy. Sprained ankles and wrists, cuts, bruises, broken bones, insect bites, animal bites, encounters with barbed wire or the forest monster, 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 am aware that there may be high speed vehicles on the roads and at road crossings. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Finger Lakes Trail Conference, New York State Department of Environmental Conservation, Road Runners Club of American, USATF, 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 full marathon if I do not complete the first half by 11 AM. 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 my photos or video of me for any use related to the race they see fit. I acknowledge that my entry fee is nonrefundable, even if the race is canceled because of an act of nature or human.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Mailed entries must be postmarked by September 19th and sent with a check payable to **FLRC** to:  
**Monster Marathon, P.O. Box 4984, Ithaca, NY 14852**