



The 38th Annual



## SKUNK CABBAGE CLASSIC 10K & Half-Marathon Road Races



Sunday, April 7th, 2019 at 10 AM (Half Marathon) and 10:15 AM (10K)

### ABOUT

This year marks the 38th consecutive running of one of Ithaca's oldest and largest road races, with a choice of USATF-certified 10K and half-marathon distances. Join 1,000 other runners in the scenic countryside of Ellis Hollow as the skunk cabbages start to emerge in the spring! The race is timed by Leone Timing.

You can register late and/or pick up your bib number and shirt on Saturday, April 6th from 11 AM–5 PM at the Finger Lakes Running & Triathlon Company on the Ithaca Commons.

Both distances will once again be RRCA New York State Championship races!

### WHERE

The races start and finish at Barton Hall at Cornell University. Post-race refreshments will be provided there too. Use a mapping service or GPS to find Barton Hall at Cornell University. Free parking is available in the Kite Hill lot at Schoellkopf Field, the parking garage across from Teagle Hall, and adjacent lots as noted on signs.

### WHEN

The half marathon starts at 10:00 AM on Campus Road alongside Barton Hall.

The 10K starts at 10:15 AM on Garden Avenue in front of Barton Hall.

Day-of-race registration and bib pickup is between 8:00 AM and 9:45 AM.

Please arrive in sufficient time prior to your race to pick up your bib number.

### REGISTRATION

**Online pre-registration is strongly encouraged** and is open until noon on April 3rd.

Register at [fingerlakesrunners.org/race/skunk-cabbage-classic-2019/](http://fingerlakesrunners.org/race/skunk-cabbage-classic-2019/) or by mail by March 31st.

**Day-of-race registration closes at 9:45 AM.**

### FEES

Early bird registration for both races costs \$20 before December 31st, and FLRC members may deduct \$2.

Registration between January 1st and April 3rd at noon is \$30 for the 10K and \$40 for the half marathon.

Runners 18 and under may pre-register for free for the 10K until April 3rd at noon.

Race weekend (after noon on April 3rd) registration is \$40 for the 10K and \$60 for the half marathon.

**T-shirts are available for \$20 only through online registration; beanies are available for \$15.**

### COURSE

Both courses are USATF distance-certified. It is the runner's responsibility to know the course!

**Half Marathon:** Lollipop course with rolling hills and skunk cabbages near halfway point. Four water stops.

**10K:** Out-and-back on a mostly flat, fast course. Two water stops.

### NOTES

- Restrooms are available in Barton Hall.
- 10K and half-marathon runners will have different colored bibs.
- There will be a lead biker for each race.
- The half-marathon course runs against traffic from Dodge Road until the turn back on to Game Farm Road.
- 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 Alex Kleinerman ([ak235@cornell.edu](mailto:ak235@cornell.edu)).



### WARNINGS

Be aware that both courses include state and county highways that are open to traffic! Course marshals will assist you in crossing, but all runners need to be alert and aware of traffic.

### AWARDS

All half-marathon finishers will receive an all-new, custom finisher's medal. The award ceremony takes place soon after each race, with male and female awards in the following categories:

- Top three overall open, top two overall masters (40-49), and first overall vets (50+)
- Top three in each of these age groups, male and female:  
1-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+

### POLICIES

- If you expect to take over 3.5 hours to complete the half marathon, please contact the race director!
- **Absolutely no refunds, deferrals, or athlete transfers will be allowed.**
- **No headphones, jogging strollers, or dogs!** These make the race dangerous for everyone.
- The race directors reserve the right to reject any entry for any reason.
- This race is organized by the Finger Lakes Runners Club and the Cornell Running Club and insured by the Road Runners Club of America.

### RECORDS

**Half Marathon:** Christian Thompson 1:07:36 (2014), Ellie Pell 1:20:37 (2016)  
**10K:** Tom Boone 30:33 (1987), Tamara Sayre 35:36 (1989)  
**Masters Half Marathon:** Kevin Collins 1:13:17 (2014), Winnie Ngan 1:25:55 (2001)  
**Masters 10K:** Tim Otis 33:20 (1995), Sarah Kramer 38:14 (2005)

-----  
Cut entry form here!  
-----

### ENTRY

*Please print neatly and remember to include your check!*

Name (First Last):

City: \_\_\_\_\_ State: \_\_\_\_\_

Sex (circle one):  M  F      Age on race day: \_\_\_\_\_ Distance:  10K  Half Marathon

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

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

### WAIVER

I know that running a road race is a potentially hazardous activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the Skunk Cabbage Classic, including, but not limited to, falls, contacts with other participants, the effects of the weather, traffic and the conditions of the road, and the possibility of collisions with vehicles, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act in my behalf, waive and release the Finger Lakes Runners Club, Leone Timing and Results Services, Cornell Running Club, the towns of Ithaca and Dryden, the State of New York, New York State Department of Transportation, any of their employees or agents, Cornell University, USATF, USATF Niagara, the Road Runners Club of America, any race officials or volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I agree to withdraw from this event 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 they see fit. I acknowledge that my entry fee is non-refundable, including if the race is canceled because of an act of nature or man.

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

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

Mailed entries must be postmarked by March 31st and sent with a check payable to **FLRC** to:  
**Skunk Cabbage, c/o Race Director, 217 Hunt Hill Road, Ithaca, NY 14850**