



The 5th Annual

SUPER FROSTY LOOMIS

5K and 10K Snowshoe Races

Saturday, February 2nd, 2019 at 10 AM



ABOUT

Snowshoes? That's right, when winter covers our beloved trails, some of us switch to snowshoes and keep right on running. Racing snowshoes are a far cry from the tennis racket-shaped gear of yesteryear—you strap them on over your normal running shoes to get a stable platform that keeps you on top of the snow. It's harder than running, but incredible exercise and huge fun to boot. So conquer the cold in the Ithaca area's only snowshoe race!

The well-marked course is part of the Hammond Hill State Forest trail system, which is commonly used for skiing and snowshoeing, so it should be packed down unless there is a big snowfall the night before. We recommend doing the 5K distance if you don't have much experience snowshoeing or trail running, or if you plan on walking. The 10K is intended for those who are well-trained and have some experience on snowshoes.

If you don't have running snowshoes, we have a limited number of Dion models available to rent for \$5. Contact race director David Kania (dk264@cornell.edu) to check availability or reserve a pair before registering.

We'll be meeting at the warming hut by the Hammond Hill public parking lot, where a wood fire will be keeping everyone warm(ish) no matter what the weather is like outside. After the race, pile into the warming hut for post-race snacks and beard thawing, and don't miss the after-party at the Dryden Hotel.

WHERE

The races start and finish at the Hammond Hill warming hut, just in on the trail from the public parking lot, whose address is roughly 100 Hammond Hill Road, Freeville, NY 13068. Do **not** follow GPS directions via Harford Road, which is not passable. Instead, make sure to come via Irish Settlement Road.

WHEN

The 5K and 10K races start together promptly at 10 AM.

Pre-registered runners, please arrive at least 15 minutes prior to the start to pick up your bib number. Day-of-race registration closes at 9:20 AM.

REGISTRATION

Online pre-registration is strongly encouraged and is open until 6 PM the night before the race.

Register at fingerlakesrunners.org/races/super-frosty-loomis/ or by mail (on back) by January 26th.

The race is limited to 50 participants.

FEES

Pre-registration costs \$15. Day-of-race registration costs \$20 for everyone.

FLRC members who pre-register may deduct \$5. Runners 18 and under may pre-register for free.

WARNINGS

- Leave early to get to the race since the driving conditions may require additional travel time.
- Wear appropriate clothing for the weather, and bring additional dry clothing for after the race. You will get wet!
- Pay attention to trail markings or you'll end up off course! As with all trail runs, it's on you to pay attention.

NOTES

- The race may be postponed to another weekend in February or canceled if there is insufficient snow. For the latest details, check the Super Frosty Loomis Facebook page at www.facebook.com/events/256122931738435
- A port-o-john will be available at the parking lot, but there is no running water or changing facilities.
- Food and warm drinks will be provided at the finish, and the post-race party will be held at the Dryden Hotel at noon.
- Results will be made available shortly after the race via Webscorer; visit the FLRC Web site for full results later.
- If you have additional questions, check the Facebook page or contact race directors David Kania (dk264@cornell.edu), Boris Dzikovski (bd55@cornell.edu), or Eric Sambolec (bdsambo@mail.com).



AWARDS

The award ceremony takes place shortly after the race. In the 5K distance, we will have awards to the overall male and female winners only. In the 10K distance, we will have overall, masters, and 10-year age group awards as we expect the 10K to be more competitive.

DIRECTIONS

From Ithaca: Take Route 13 north toward Dryden. Before entering Dryden, take a right onto Irish Settlement Road. After going through an S curve you will go up a big hill; continue a couple of miles. Take a left onto Hammond Hill Road. Soon you will come to a Y intersection; take the right fork. At the top of the hill is a parking lot on the right. Park here. The start/finish area is on the trail a short walk east from the parking lot.

POLICIES

- In the event of no snow, the race may be rescheduled for another weekend in February.
- No dogs or headphones are allowed. 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 due to lack of snow.
- This race is organized by the Finger Lakes Runners Club and insured by the Road Runners Club of America.

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: 5K 10K

Email Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

WAIVER

I, the undersigned accept full responsibility for myself for any injuries I may incur during this Super Frosty Loomis snowshoe race. I fully understand that participating in this event may be dangerous to my health. Sprained ankles and wrists, bruises, broken bones, collisions with skiers, and hypothermia 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, Charlie and Ann Leonard, 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, Town of Dryden, 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 January 25th and sent with a check payable to **FLRC** to:
Super Frosty Loomis, c/o David Kania, P.O. Box 4984, Ithaca, NY 14852