



The 28th Annual Rich Lawrence Memorial

## TORTOISE & HARE TRAIL RUNS

### 10K+ Race and 1 Mile Fun Run/Hike

Sunday, May 31st, 2020 at 9 AM



#### ABOUT

This race is dedicated to the memory of its founder, Rich Lawrence, who died in a canoeing accident in 1998. Special thanks to Rich's close friend Cynthia Lange for her continued support and help at this race, and to our community sponsor, GreenStar Natural Foods Market, for providing the delicious food and drink at the finish.

Borrowing from the fable, Tortoise & Hare is a race for the slow and the fast—victory lies in finishing. The closest trail race to Ithaca, this is a good introduction to both trail running and local trails, with Buttermilk Falls providing a spectacular backdrop. The 1 mile fun run/hike course is practically flat; it can be completed by anyone, regardless of age. The 10K+ (it's actually 10.8 kilometers or 6.7 miles) course covers beautiful and varied terrain, including the flat Larch Meadow Trail, the easy Bear Trail, and the rolling Lake Trail. There is one long, steep hill that climbs 400 feet in half a mile, lending another interpretation to the race name: slow up, fast down. There are three water stops on the course, at roughly 2, 4, and 5.5 miles.

#### WHERE

The races are held at Buttermilk Falls State Park, at 106 E Buttermilk Falls Road, Ithaca, NY 14850. Both races start at the Larch Meadow. The 1 mile fun run finishes on the ballfield, whereas the 10K+ finishes near the playground across the road from the ballfield. Parking is available, but be prepared to pay the \$8 daily entrance fee. **This is important—park personnel will ticket cars parked illegally!** It is possible to park for free less than half a mile away at the little mall on Route 13 northeast of the park.

#### WHEN

The 10K+ race starts at 9:00 AM. The untimed 1 mile starts at 9:05 AM. Please arrive at least 30 minutes prior to your race to pick up your bib number. If you're planning to walk the 10K+, contact the race director for an earlier starting time.

#### REGISTRATION

**Online pre-registration is strongly encouraged** and is open until 6 PM the night before the race. Register at [fingerlakesrunners.org/races/tortoise-and-hare/](http://fingerlakesrunners.org/races/tortoise-and-hare/) or return the form on back by May 27th. **The race is limited to 250 participants. Day-of-race registration closes at 8:30 AM.**

#### FEES

**10K+:** \$15 for pre-registration, \$20 for day-of-race registration. **1 mile fun run:** Free. 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 race day for \$10.

#### WARNINGS

- Look for flags and arrows marking the trail or you'll go off course! 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, fallen logs, and vehicles at road crossings are possible hazards.

#### NOTES

- There are four nearby restrooms, a natural pool at the bottom of the falls, and a bathhouse, with cold showers!
- Tasty post-race food and non-alcoholic drinks 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, contact race directors Mickie Jauquet ([mickiejauquet@gmail.com](mailto:mickiejauquet@gmail.com), 607-280-5189) or Emily Funk ([ef347@cornell.edu](mailto:ef347@cornell.edu)).



## AWARDS

**1 mile fun run:** Awards for all kids in this run.

**10K+:** Quirky awards may or may not be given in various categories, including the Clydesdale Divisions for runners who expend more energy per mile—a too-long ignored category! (Men: 190+ lbs. Women 150+ lbs.)

## COURSE

- Run across the ballfields and around the marshy Larch Meadow Trail loop. Milers finish at the ballfield.
- 10K runners turn left and cross Sandbank Road, pass the falls, and run up the campsite road.
- Turn right onto the service trail and run uphill for about a half mile.
- Turn right at King Road, cross the bridge, and take an immediate left onto the Bear Trail.
- After almost a mile, turn right and run across the open fields.
- Pass the restrooms and go uphill to Tremen Lake.
- Turn right, and run counterclockwise around the lake for about half a mile.
- Turn right on the orange-blazed spur of the Finger Lakes Trail—if you get to the lean-to you've gone too far!
- Turn left onto Yapple Road, and take another left at Comfort Road.
- After crossing the bridge, bear left onto the service road.
- Take a hard left back onto the trail after about a quarter mile; keep the lake on your right.
- Retrace all the trails back down to finish line at the playground.

## 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.

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Cut entry form here!  
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## ENTRY FORM

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

Name (First Last): \_\_\_\_\_  10K+  1 Mile

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

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

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

## WAIVER

I, the undersigned accept full responsibility for myself for any injuries I may incur during this Tortoise & Hare 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, Buttermilk Falls State Park, Finger Lakes Trail Conference or FLTC trail sponsors, New York State Department of Parks and Recreation, Road Runners Club of America, USATF, USATF Niagara, 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 May 27th and sent with a check payable to **FLRC** to:  
**Tortoise & Hare, P.O. Box 4984, Ithaca, NY 14852**