



Brave the Ithaca winter in 2020's

WINTER CHILL 5K SERIES

5K Road Races

Sunday, January 5th, 12th, 19th, and 26th, 2020 at 11 AM



ABOUT

The Winter Chill 5K series is an excuse to get out of the house every Sunday in January and run with fellow FLRC members in weather that can range from downright balmy to wonderfully wintry. Every race will have a costume theme and those dressing up will be eligible for fabulous raffle prizes at each race.

All four races are free to FLRC members, and if you're not already in the club, you can sign up for membership for \$20. You can run as few or as many races as you want, but we'll say nice things about those who run all four.

The races start behind the hockey rink at Cass Park and follow the Waterfront Trail along the Cayuga Inlet before going under the Route 89 bridge and turning around near the Cass Park Turtle & Garden. No road crossings!

Everyone is invited to join us after the last race for FLRC-provided snacks at a nearby restaurant.

WHERE

The races start and finish behind the hockey rink at Cass Park (701 Taughannock Blvd, Ithaca, NY 14850). There is plenty of free parking at Cass Park in the parking lot near the starting line.

WHEN

The races start at 11 AM.

Day-of-race registration and bib pickup start at 10:00 AM for the first race and 10:30 AM for subsequent races.

REGISTRATION

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

Register at fingerlakesrunners.org/races/winter-chill/ or at any race before 10:30 AM.

You will be issued a numbered bib which will be used for all four races. **Re-use your bib for each race!**

FEES

Free for FLRC members. Membership costs \$20 (individual) or \$35 (family) for the series.

Save time in the cold by signing up for membership first at fingerlakesrunners.org/join/

WARNINGS

- The weather could be very cold and the trail icy. Wear appropriate clothing and exercise caution.
- Other runners or trail users may have jogging strollers or dogs with them; be careful when passing.
- FLRC and the City of Ithaca make reasonable efforts to ensure a clear path, but cannot guarantee one.

NOTES

- **You must be an FLRC member to run!**
- Make sure to bring your bib from the first race to each subsequent race.
- Restrooms and changing facilities are available in the main building of Cass Park.
- There will be no water stops on the course—they might freeze, and it's only a 5K.
- Post-race food and drink will be provided.
- Results will be announced at the race and will also be available at the FLRC Web site afterward.
- For remaining questions, contact race director Sarah Drumheller (smdrumheller@gmail.com).

POLICIES

- You must check in for each event so we know who is running.
- No headphones! These make the race dangerous for everyone.
- The race directors reserve the right to reject any entry for any reason.
- All runners must follow the directions of course marshals or risk being disqualified.
- This race is organized by the Finger Lakes Runners Club and insured by the Road Runners Club of America.



MEMBERSHIP APPLICATION

Or join at <http://fingerlakesrunners.org/join/>



ABOUT

Founded in 1968, the Finger Lakes Runners Club is a non-profit, volunteer-driven organization that conducts and facilitates races and running-related events to promote fitness, health, and community for people of all ages and abilities. The club puts on a full calendar of road races, trail runs, and track meets throughout the year, and members regularly organize group runs and social gatherings for those with a love of running. FLRC members receive free entry to FLRC community track meets and the Winter Chill 5K series, plus discounts on pre-registration entry fees for club races. Become a member today!

DETAILS

Please print neatly!

Name (First Last): _____ Birthdate: _____ Age: _____

Address: _____ New member Renewal

City: _____ State: _____ Zip: _____

Email Address: _____ Phone: _____ Sex (M/F): _____

FAMILY

For a family membership, please list all family members and pay the family fee below.

Name (First Last)	Sex (M/F)	Birthdate

FEES

Please check one membership type and length below.

Individual membership: \$20 for 1 year \$50 for 3 years (save 15%) \$80 for 5 years (save 20%)

Family membership: \$35 for 1 year \$90 for 3 years (save 15%) \$140 for 5 years (save 20%)

WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities including the Winter Chill 5K series and FLRC track meets unless I am medically able and properly trained. 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 and volunteering including, but not limited to, falls, contact with other participants, the effects of the weather including heat and cold, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act in my behalf, waive and release the Road Runners Club of America, the Finger Lakes Runners Club, Cornell University, Ithaca College, Ithaca City School District, Ithaca Fire Police, Ithaca Police Department, Tompkins County Sheriff's Department, the City of Ithaca, the Towns of Ithaca, Dryden, Danby, Moravia, Virgil, and Hector, the New York State Department of Environmental Conservation, the USDA Forest Service, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature of parent or guardian if member is under 18 years of age: _____

Mail with a check payable to **FLRC** to:
FLRC Membership, P.O. Box 4984, Ithaca, NY 14852