

June 19<sup>th</sup>, 2008

Ithaca, NY



**A straight flat shot, the Ithaca Festival Mile adds fitness to the fun of Ithaca's largest festival weekend. Ithaca is running. Welcome to Ithaca!**

**WHAT**.... 1 certified road mile, point-to-point with no turns, no hills, and thousands of spectators through the heart of Ithaca.

**WHERE**.... Starts at the Ithaca H.S. kiosk on Cayuga St.; Finishes at Dewitt Park short of Seneca St. and "the Ithaca Commons".

**REGISTRATION**.... The race will be capped at 250 runners. *Discounted pre-race registration through June 9<sup>th</sup>.*

1. By hand/mail: the Finger Lakes Running Co. c/o Ithaca Festival Mile, 138 W. State St., Ithaca, NY, 14850.
2. Forms Online at [www.fingerlakesrunningcompany.com](http://www.fingerlakesrunningcompany.com) **Checks Payable to FLRC.**
3. Race-day registration offered at the Ithaca H.S. from 4:30 to 5:30 on June 19th. **No entry after 5:30!**

**SCHEDULE OF EVENTS AND ENTRY FEES**

Time	Heat/Division	Entry Before June 9 <sup>th</sup>	Entry Day-of-Race	Awards
4:30-5:30	Race-Day Registration			
6:00	Elite Men (5:00 min. and under)	\$15 (optional shirt + \$7)	\$20	*1. \$200 2. \$100 3. \$50
6:03	Elite Women (6:00 min. and under)	\$15 (optional shirt + \$7)	\$20	*1. \$200 2. \$100 3. \$50
6:10	Open Men (18+ y.o.)	\$12 (optional shirt + \$7)	\$15	Opn: 1 <sup>st</sup> - 3 <sup>rd</sup> , Mstr: 1 <sup>st</sup>
6:15	Scholastic (boys/girls 14 - 18 y.o.)	\$10 (includes shirt)	\$12 (no shirt guaranteed)	Bs: 1 <sup>st</sup> - 3 <sup>rd</sup> , Gs: 1 <sup>st</sup> - 3 <sup>rd</sup>
6:20	Open Women (18+ y.o.)	\$12 (optional shirt + \$7)	\$15	Opn: 1 <sup>st</sup> - 3 <sup>rd</sup> , Mstr: 1 <sup>st</sup>
6:22	Youth Mile (9 - 13 y.o.)	\$7** (includes shirt)	\$10** (no shirt guaranteed)	All Participants
6:30	Ithaca Festival Parade Commences			

\* Awards to the elite men and women will be in the form of Gift Certificates to the Finger Lakes Running Company.

\*\* Free entry for kids participating in the Ithaca Youth Bureau Kid's Track program. Registration must be completed through the IYB.

**CONTACTS**.... Ian Golden ([ian@fingerlakesrunningcompany.com](mailto:ian@fingerlakesrunningcompany.com), 607-275-3572), Janice Johnson ([jjohnson@tomkins-co.org](mailto:jjohnson@tomkins-co.org), 274-5310), Alan Lockett ([amlockett@juno.com](mailto:amlockett@juno.com), 533-7071), Liz Vance ([lizv@cityofithaca.org](mailto:lizv@cityofithaca.org), 273-8364)

**Entry Form and Waiver**

<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>	S M L XL
Last Name		First Name	Gender	Age
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>
Address		City	State	Zip
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>

**E-mail:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

<input type="text"/>	<input type="text"/>	<input type="text"/>
PSN/BIB		

I, the undersigned accept full responsibility for myself and for any injuries I may incur during the Ithaca Festival Mile. I have read this application and I fully understand that participating in this event may be dangerous to my health. Broken bones, cuts, bruises, hypothermia heat exhaustion, collision with vehicles, other runners or pedestrians are all possibilities. I fully understand that emergency medical personnel may not be on the course. I have trained sufficiently for this event. I will not hold any of the organizers, landowners, the American Red Cross, Bang's Ambulance, the City of Ithaca, the Finger Lakes Running Club, the Finger Lakes Running Company, the Ithaca City School District, the Ithaca Festival, the Ithaca Youth Bureau or Recreation Partnership, the Road Runner's Club of America, Pat Leone Timing, Tompkins County, the United States Track and Field Association, 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, and may be rejected for any reason that the race directors deem necessary.

**Date:** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Guardian** (if under 18) \_\_\_\_\_

