

Triennial Finger Lakes Trail Relay IX

Saturday 24 September 2005 All Day Burdett to Harford, NY

The Race: Relay teams of seven runners cover approximately 125 km (78 miles) of the **Finger Lakes trail**, starting from Burdett, NY to NYS38 near Harford, NY. Stages range from 7.0 to 13.9 miles of rugged hiking trail. Cross-country place scoring, points for stages are summed, **handicap starts** based on age and gender. Points can be deducted or added at organizers' discretion for multiple Triennials, distance traveled to event, recent childbirth etc. **This event is only for well-conditioned, experienced trail runners; there are strict qualifying standards.**

Teams: must consist of *at least seven* runners, one or more per stage; if more than one, slowest runner scores. Team captains should submit *one* participation form for the team, *with the waiver signed by all team members*. The organizers reserve the right to reject any request to participate if *in our opinion* a runner is not fit to finish their stage due to poor physical condition or inexperience on trails. In this case, the runner is of course free to use the public footpath but not as part of the Triennial. **Entries must be received by Friday 17 September.** Sorry, **absolutely no race-day registration.**

Qualifying : All runners **must** have either (1) completed a stage in **any previous Triennial** (life qualification); (2) **completed a FLRC or similar trail race of 15km or more** since the last Triennial, at a pace of at least 8kph (5 mph); (3) **completed a run-through of their FLT stage** in the past year at this pace. Sorry, we can't support joggers or walkers; these folks are welcome to enjoy the FLT at their own pace.

The course: The Finger Lakes Trail between the Twin Tunnels (base of Satterly Hill) just north of Burdett, NY and NY38 at Star Stanton Road between Harford & Dryden, NY. **The trail is described on maps M16 through M18 (3 sheets), available from the Finger Lakes Trail Conference**, 6111 Visitor Center Road, Mt Morris, NY 14510 (order at <http://www.fingerlakestrail.org/>) as well as the "Guide to Trails" of the Cayuga Trails Club available at local bookstores. **The trail on the ground is what must be followed;** there may be re-routings not shown on the map. The main FL trail is marked with *white* blazes, *double* blazes indicating a turn ahead. At most road crossings there are yellow and green "FLT" signs. Marking is generally good, but there may be recent events such as treefall, logging, floods, and landowners who have cut off access that make the trail difficult to follow. To ensure an enjoyable day, **participants should have pre-run their section of the trail** if at all possible. There is plenty of time to do so in summer 2005.

Support: Teams must support themselves. The organizers will suggest meeting times to reach the start of each stage, from the Ithaca High School parking lot, to facilitate car pooling; however some teams will choose to follow from end-to-end. Runners should carry their own water and other supplies; support teams will usually provide water at road crossings. Organizers will provide starters / finish recorders / checkpoint monitors.

The post-race party: Location to be announced, beginning about 1830. Pizza, salads, and beverages. Whatever is left over from the entry fee after expenses covers part of the costs for runners and support crews; friends pay a flat fee to be announced.

Entry contribution: \$35 (7 x \$5); \$5 for each additional runner.

Hazards: You must be prepared to run 'out of the woods' if lost. *The trail was designed for hiking, not running*, so use common sense and **do not run**

faster than trail conditions allow. You must be prepared to deal with rocks, cliffs, washouts, mud, quagmires, roots, brambles, downed logs, artifacts of civilization such as hidden barbed wire, electric cattle fences, wild dogs, bears, insects, poison ivy, **turkey hunters** etc. **Running without sufficient caution can cause bad falls with broken bones. You are responsible for your own safety!!** We will not sweep 78 miles of trail for missing runners. **Read the waiver on the participation form carefully, we mean it!!**

More information? Web site: <http://home.hetnet.nl/~fatcat/triennial.htm> or phone Joe Daley, (607) 273-0824, jdaley1@twcny.rr.com **Unaffiliated runners looking for a team** contact Joe Daley.

Stages (listed start times are for scratch runners; older/female start earlier according to handicap tables which will be distributed to team captains)

Stage 1 (Satterly Hill – FL National Forest): Start at 0700 from the Twin Tunnels (base of Satterly Hill) just north of Burdett, NY to the entrance to wildlife sanctuary, Texas Hollow Rd., near Bennettsburg. **8.9** miles mostly uphill, including Satterly, Burnt, and South hills.

Stage 2 (Texas Hollow - Connecticut Hill): Start at 0815 from Texas Hollow Rd. to Boyland Road FLT crossing on Connecticut Hill. **13.2** miles includes climbs out of Texas Hollow and Cayuta Outlet. For the real Mountain (Wo)man!

Stage 3 (Connecticut Hill - Treman Park): Start at 1000 from Boyland Road FLT crossing on Connecticut Hill to Shady Corners (NY 13/34/96). **13.9** miles mostly downhill.

Stage 4 (Lick Brook – W Danby). Start at 1130 from Shady Corners (NY 13/34/96) to Michigan Hollow Road, Danby. **10.8** miles mostly uphill (includes Lick Brook); two road sections.

Stage 5 (South Danby): Start at 1300, from Michigan Hollow Road, Danby to Coddington & Ridgeway, Caroline. **10.5** miles across the grain, includes climbs out of Michigan Hollow, S Danby, Roundtop, Eastman Hill.

Stage 6 (Shindagin Hollow): Start at 1430 from Coddington & Ridgeway, Caroline to NY79 at Tompkins/Tioga County line. **13.6** miles across the grain, includes climb out of Michigan Hollow. "The valleys of fear".

Stage 7 (Hammond Hill). Start at 1630 from NY79 at Tompkins/Tioga County line to NY38 at Star Stanton Road, between Harford & Dryden. **7.0** very rough and hilly miles with winding, difficult trails; climbs to Robinson Hollow (twice) and Hammond Hill; "Short but oh so sweet"

Parking areas:

Twin tunnels: on left (N) side, farm pull-off of Satterly Hill Rd.

Texas Hollow: in front of gate at entrance to sanctuary

Boyland Rd: pull-off on N side where FLT leaves the road

Shady Corners: fisherman's parking lot on E side; runners cross **under** the highway along the creek; access lot from NY34 N (use loop from NY34 S coming from Ithaca)

Michigan Hollow Rd.: pull-off on W side at FLT by Diane's Crossing

Ridgeway Rd: pull-off on S side just after turn from Coddington

NY79: snowplow turnaround on N side; stage 6 runners finish on S side (**do not run across road**); stage 7 runners start on N side facing traffic

Finish: pull-off on Star Stanton Rd. just after turning W from NY38