

Race is part of the Finger Lakes Trail Runners Circuit

**Course:**

Tanglefoot Trail Runs are 50% Logging Roads, 40% Trails, and 10% Fields.

**WARNING:** THIS IS A TRAIL RUN - NOT A ROAD RACE - THIS RUN INCLUDES ROUGH FOOTING, ROCKS, AND ROOTS.

**Entry Fee:**

\$ 20.00 If postmarked by June 7<sup>h</sup>, 2019.

\$ 25.00 On race day. Make checks payable to Tanglewood Nature Center  
All proceeds go to Tanglewood Nature Center.

**Facilities:**

There are restrooms in the Nature Center Museum

**Information:**

Contact Tanglefoot Trail Run Event Host - Jim Chely [twood2017@aol.com](mailto:twood2017@aol.com)

**Sponsors:**



Tanglewood Nature Center  
443 Coleman Avenue  
Elmira, NY 14903

# Tanglefoot Trail Runs

## 5 mile

Sunday, June 16<sup>th</sup>, 2019  
10:00AM



Tanglewood Nature Center  
443 Coleman Avenue  
Elmira, NY 14903

Official Use Only

Bib Number: \_\_\_\_\_

Race Category: \_\_\_\_\_

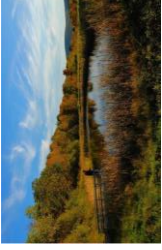
Paid (Y/N): \_\_\_\_\_

# 2019 Tanglefoot Trail Runs Tanglewood Nature Center & Museum

## Sunday June 16<sup>th</sup>, 2019

Registration opens at 8:30am, race starts at 10:00am

For Directions and Additional Race Applications go to [www.tanglewoodnaturecenter.com](http://www.tanglewoodnaturecenter.com)



### Waiver:

I know that participation in a running event of this type is a hazardous activity. I fully understand that I, or the person that I am responsible for, will be subjected to harsh environmental conditions, including but not limited to: extreme temperatures, uneven terrain, rocks, roots, trees, stream crossings, wild animals, limited access to immediate medical assistance as well as any other conditions that man or mother nature provide. I understand that there is a risk of sustaining bodily injury or even death. I certify that I, or the person that I am responsible for, is of sound body and mind and truly capable of participating in this event. Therefore, I or the person that I am responsible for, release the race director(s), organizers, event staff, volunteers, sponsors, WMLA Farms, Tanglewood Nature Center and its employees, participants, and any other person or organizations involved in this event from any liability that may be incurred by myself, or the person I am responsible for, as a result of my/his/her participation in this event. I understand that I, or the person I am responsible for, will be responsible for any cost of emergency service that is required during this event. I also understand that my competition number is not transferrable.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

Signature: \_\_\_\_\_

If under 18, Parent must sign here: \_\_\_\_\_ Date: \_\_\_\_\_

### PRINT CLEARLY

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Sex: (M/F) \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Sign Waiver Above and Mail Postmarked before June 7<sup>th</sup>, 2019 with \$ 20.00 Entry Fee (\$ 25.00 Thereafter);  
Payable to Tanglewood Nature Center

Mail to:

Tanglewood Nature Center

Attn: Tanglefoot Trail Run Event Host

433 Coleman Avenue, Elmira, NY 14903