

Both Races area part of the Finger Lakes Trail Runners Circuit and the Trail Runner Magazine Trophy Series

Course:

Tanglefoot Trail Runs are 50% Logging Roads, 40% Trails, and 10% Fields. The Loop is 10K, repeated again for the 20K.

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 9th, 2017.
\$ 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; No Showers, Primitive Camping available if reserved (Contact Event Host for Prior Arrangements)

Information:

Contact Tanglefoot Trail Run Event Hosts - Jim Chely (twood2017@aol.com) or Duane Saxton (dsaxton@stny.rr.com) or Call/Text - 607-426-8533

Sponsors:



Tanglewood Nature Center
443 Coleman Avenue
Elmira, NY 14903

Tanglefoot Trail Runs

5K, 10K & 20K

Sunday, June 18th, 2017

9am start for 10 & 20K

9:30am start for 5K



The Chemung River as seen from Tanglewood Nature Center.

Tanglewood Nature Center
443 Coleman Avenue
Elmira NY 14903

Official Use Only

Bib Number: _____

Race Category: _____

Paid (Y/N): _____

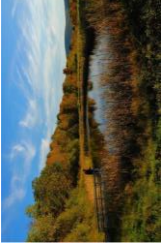
2017 Tanglefoot Trail Runs

Tanglewood Nature Center & Museum

Sunday June 18th, 2017 – registration opens 8am

9am start for 10 & 20K 9:30am start for 5K

For Directions and Additional Race Applications go to 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 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, Lawrence M. Albee, 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: _____

Name: _____ Phone: _____

Sex: (M/F) _____ Age: _____ Birth Date: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____

Which Distance do you plan to run? 5K _____ 10K _____ 20K _____ (You may switch on Race Day)

Total Enclosed \$ _____

Sign Waiver Above and Mail Postmarked before June 9th, 2017 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