



Last Chance Trail Run and Pancake Breakfast **Skyline Lodge, Highland Forest, Fabius NY** **Saturday, December 12, 2009, 8:00 - 9:30 a.m. Start**

The Classic Option:

Run on beautiful snowy, icy trails. Fall down and get up. Step in ice water streams that have no safe crossing. Climb over, under and around fallen trees. Then return to the warmth of Skyline Lodge for aroma therapy. The smell of butter, pancakes, maple syrup, coffee and sausages fills the air. It is noisy with the chatter and laughing of your friends. An all-you-can-eat breakfast awaits you. This run is not for everyone. It is cold and the footing can be perilous. It is the kind of run that appeals to people who enjoy the wilderness. You're allowed to run, walk, skid, slide, wade, struggle and climb the trail. You may freeze. The trail is 9 miles but there are shortcuts allowing runs of various lengths. The trail is well-marked so you should not get lost.

NEW THIS YEAR!

The Clean Sneakers Alternative:

Come to the Skyline Lodge for a hearty and (dare we say) "dirt" cheap breakfast, and leave your daily mileage for another place at another time. It's still a great opportunity to enjoy the company of your running friends and family, and wish all a Merry Christmas and Happy Holiday Season.

The Youngsters' Option:

Forest walks will be provided for the children while the parents run and/or eat. Bundle them up warmly!

Time: Start any time between 8:00 and 9:30. You can start when you please and quit when you are tired and hungry. Run with a partner so that someone will hear you when you admire something interesting. It is safer and partners are plentiful. **The first pancake is served at 9:00 and the last pancake is served at 11:00.** The event has never been canceled; if the road to Fabius is open we'll run.

Entry: The cost is \$5.00 per person, or \$3.00 for under 12. People under 6 are our guests. Maximum for a family is \$20.00. Send check, payable to "Syracuse Chargers Track Club," **by December 5, 2009** to: Mark Driscoll, 1112 Meadowbrook Dr., Syracuse, NY 13224 (449-9615 evenings)

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Name: _____ Street _____ Auto Lic. _____

Tel. No. _____ City, State, Zip _____

Release: I know that running on rough woodland trails in December is potentially dangerous. I agree that I should not enter and run unless I am physically able and trained. I will run sensibly and I assume all risks associated with the event including but not limited to injuries caused by slips, contact with other runners, getting lost, eating too much, effects of weather and/or condition of trail, hypothermia, all such risks being known and appreciated, even welcomed, by me. I am aware that there will be no medical assistance available on the trails, and only basic first aid available at the Skyline Lodge. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Syracuse Chargers Track Club, Inc. all the race organizers and volunteers, Onondaga County Parks, Road Runners Club of America, and other sponsors, or successors from all claims or liabilities arising from my participation in this event.

Signature: _____ Date: _____

Signature also of parent if under 18: _____ Date: _____

Directions: Highland Forest is in the SE corner of Onondaga County off Route 80. It is 4 miles East of Fabius.