

NOT JUST A WALK IN THE PARK INFORMATION SHEET



Race: September 24-25, 2016. Races offered are 100K race walk, 100 mile centurion walk and a 100 mile relay. There is a 24 hour, 30 minute time limit. If you complete the 100 miles in under 24 hours you will become an American Centurion and will receive a US Centurion number. As of August, 2015, only 80 people have ever walked 100 miles in under 24 hours on American Soil. To see the list, Please visit: <http://www.ultrawalk.com/Centurion%20USA.html>. The 100km race is the USATF Eastern Regional and the Niagara Association Championship and will be judged by USATF Racewalking rules. The centurion race will be judged using centurion guidelines. The race will be Sanctioned by USA Track & Field. The start will be by the northern pavilion and the loop will be walked counter clockwise. There will be nighttime lighting throughout the park during the night, however it would be advisable to bring an auxiliary lighting source.

Relays may have between 2-5 members. Relays will have a timing chip and that chip will be handed from one member to another. There is no set distance each member must complete, nor rules for order of rotation of members. Each relay member may do as much/little as they wish to do.

Location: Marvin Park, off Main Street located in scenic Owego, New York, USA. The start will be by the northern pavilion.

Course: USA Track & Field certified fast and flat 1K loop. 1k=one loop on the roadway around the park. Total elevation gain/loss approximately 5 feet.

<https://www.google.com/maps/place/Marvin+Park,+Owego,+NY+13827/@42.1005412,-76.2712014,17z/data=!3m1!4b1!4m2!3m1!1s0x89da99e24c4919a9:0x25c513dc5de9e868>

Packets: Must be picked up on Friday September 23, 2016 between the hours of 10:00am and 4:00pm at the Tioga County Tourism office at 80 North Avenue, Owego, NY.

Aid: Race organizers will provide one feed station with a wide selection of foods standard at endurance events. Race organizers will also provide water and sport drink, as well as volunteers to hand food and drinks to the competitors. A separate area for personal aid will be set up. Race organizers will not be able to provide volunteers for personal aid.

Records: This race will have adequate judges to be records eligible for the 100km Race Walk. Records can be set at intermediate distances as well but the meet organizers **must** be notified by September 10, 2016.

Judging: There will be USATF Certified Race Walk Judges that will judge the 100km event using Race Walking rules and they will also judge the 100 mile contestants using centurion rules (lifting violations only).

Amenities: Race organization will provide ample porta-potties. We believe restrooms will also be available but will know closer to the race date. We will keep you updated. Showers are not available. There will be space available in the park for personal tents.

Awards: Awards will be presented to the top three male and female age group finishers in the 100K. Awards presented to the top three relay teams who successfully complete 100 miles. All athletes who successfully complete 100 miles under 24 hours will receive a unique and personalized award.

Awards banquet will be held at the Pumpelly Estate, 44 Main Street, Owego, NY 13827. Doors will open at 5:00pm for dinner. Dinner will be served buffet style and will stay open until 5:50pm. Doors will open at 6:00pm for people who are only attending the awards ceremony. Dessert will be served buffet style starting at 6:00pm. You are welcome to attend the awards ceremony without having dinner or dessert, attendance to the awards ceremony is free. Dinner and dessert costs \$55 per person and dessert only is \$20 per person. The menu is as follows:

Dinner: Chicken Speidies (a local specialty), pasta with alfredo or marinara sauce and meatballs (meatballs are separate for people with gluten sensitivity), beef tips, and house vegetables. Dessert will be lemon bars, trifles, and apple crisp. All food is homemade and prepared at Pumpelly Estate. Dave and I were married and had our reception here and know from experience that the food is fantastic! All beverages will be a cash bar; \$1.00 for non-alcoholic beverages and \$3.00+ for alcoholic beverages. Because the food

is prepared fresh and by hand and shopping must be done, we must have an accurate count of who will attend dinner/dessert. Therefore you must reserve your spot for dinner/dessert by September 10, 2016. We are hoping this will be a chance for competitors to sit, relax, refuel, and enjoy each other's company.



Not Just A Walk In The Park
Owego, New York
September 24-25, 2016

Things to do: The Finger Lakes region of NY has many things to do. There are numerous wonderful vineyards and multiple wine trails. Owego is approximately 4 hours from New York City (depending on where in NYC you want to go and traffic). We are 5 hours from Boston, Massachusetts; 3.5 hours from Niagara Falls; 3.5 hours from Philadelphia, Pennsylvania.

www.visittioga.com <http://www.iloveny.com/> www.pumpellyestate.com <http://www.fingerlakes.org/>
<http://fingerlakesbeertrail.com/content/> <http://www.fingerlakeswinecountry.com/>

Airports:

The biggest airports in the region, and thus those with the cheapest flights will be:

1. JFK in New York City - JFK (5-6 hour drive depending on traffic)
2. Newark, New Jersey - EWR (3 hour drive depending on traffic)
3. Philadelphia, Pennsylvania - PHL (3.5 hour drive depending on traffic)

Closer airports are:

1. Binghamton (BGM) (30 minutes from Owego, no traffic)
2. Ithaca (ITH) (45 minutes from Owego, no traffic)
3. Corning/Elmira (ELM) (45 minutes from Owego, no traffic)

All three of these are small regional airports. They all have car rental facilities.

Contact Information:

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