



CONGRATULATIONS!

You are registered for TUFF eNUFF, Tompkins/Cortland first 5K/10K Obstacle Course. Please go over this information sheet carefully. It has details about the race and the venue. **The Board and Staff of Alcohol & Drug Council of Tompkins County and Cortland Prevention Resources (Family Counseling Services)**

thank you for supporting our agencies in our

work to make our communities even better places to live, free from addiction and other harmful effects of substance abuse.

Included:

- I. Important release and signature information
- II. Weather and Cancellation
- III. Event Schedule
- IV. The Course and Spectators
- V. Photography
- VI. Directions and Parking
- VII. What to Wear
- VIII. How to Prepare
- IX. Volunteer
- X. Events after the Race
- XI. Sponsors and Thanks

We hope that this information packet is helpful. Some of it is simply logistics and information that people like to know. Other parts are for people who may be running an obstacle challenge for the first time.

For more information call: Greek Peak @ 800-955-2754, or 607-274-6288 (Tompkins County) or 607-756-8970 (Cortland County)

I. RELEASE INFORMATION: SEE RELEASE INCLUDED

EVERYONE must have a signed release (attached) and a picture ID.

DUE TO SAFETY AND INSURANCE REQUIREMENTS, NO ONE WILL BE PERMITTED TO RACE WITHOUT A RELEASE.

Releases will be available at packet pickup if needed.

Picture ID is required.

- II. **WEATHER:** The race will be held rain or shine. If there are lightning storms in the area, the start of the race will be delayed until the course is safe for runners. Snow is not expected. Unfortunately, there will be no refunds. We apologize for any inconvenience.
- III. **EVENT SCHEDULE:**

Sunday, September 15, 2013:

7:00AM – First Shift Volunteers report to race site

7:30AM – Packet Pick up opens

9:30AM – Wave 1 & 2

10:00AM – Wave 3 & 4

10:30AM – Waves 5 & 6, Packet Pickup closes

11:00AM – Waves 7, 8 & 9

11:00AM – Barbeque opens

IV. THE COURSE AND SPECTATORS:

TUFF eNUFF is an “open” course. All viewing areas of the course will be available for spectators, friends, families, and cheerleading squads. Please note: You must have a TUFF eNUFF race bib to be ON the course. Spectators are NOT permitted to enter the actual course at any time (not even for that “great” shot).

Portable toilets will be available.

BRING: Coolers, water, juice packs, snacks, a picnic, lawn chairs, binoculars, cameras, sun screen, along with Fido and/or Fifi on a leash (No dogs permitted off leash in the park- they cannot enter the actual course or the start/finish gates).

DO NOT BRING: Alcohol, glass containers, unleashed animals, or a scowl. Grumpiness is strictly prohibited!

V. PHOTOGRAPHY:

We are very fortunate to have event sponsor **Thomas Hoebbel Photography** capturing images of this race and of the participants. He is working with Ithaca College students to capture the event. Photographers will be located around the course to snap amazing action pictures of you, your friends and your family! Images will be posted on Facebook and available for download for free. Things are going to get muddy, so in order to find yourself in the photos, **ALWAYS keep your race bib visible!**

VI. DIRECTIONS and PARKING:

The Event is being held at Greek Peak Mountain Resorts/Adventure Center

For your GPS:

Latitude 42.507739, Longitude -76.13917

Greek Peak Outdoor Adventure Center

1856 NYS Rt. 392 Cortland, NY 13045

Directions from Binghamton & Points South Take I-81 North Get off at Exit #9. Take Route 11 North to 392 West

Directions from Syracuse and points North Take I-81 South Get off at Exit #10. Take Route 11 South to 392 West

Directions from Ithaca and points West Take Route 13 North to Dryden Go straight through the light at Dryden. Follow 392 East all the way to the resort (Note: you will be making a right turn in Virgil; at the stop sign to stay on Route 392.)

PARKING: There is a large, free parking lot just past the entrance to the Adventure Center.

There is no gear check. Cars will be readily accessible. Please leave valuables locked in your car. Greek Peak Mountain Resorts, Alcohol & Drug Council of Tompkins County nor Cortland Prevention Resources is responsible for valuables.

VIII. WHAT TO WEAR:

You must wear close-toed shoes. "Five Finger" type shoes are acceptable. However, water sandals or any open toed sneakers are not. Wear shoes that you do not mind getting wet or muddy (a lot wet or muddy).

It is best to wear clothing that is somewhat conforming (such as tights/leggings/capris like runners or bikers typically wear) Loose, flowing things tend to become dripping soggy things after a water obstacle or two. A **pair of fingerless garden gloves or workout gloves** is always a plus. Water hoses will be available after the race for a quick rinse down, if necessary.

IX. HOW TO PREPARE:

Well, okay, if you're just now thinking about preparing for the race, we'll know who you are! Otherwise, a little bit of running (jogging or quick walking) and some nice core exercises will go a long way. This course is more about your mental toughness than about your physical prowess. It has 20+ elements, some tougher than others. Trained athletes will love the challenge of the course and weekend warriors or first time racers will love the flexibility of the course. **All obstacles are optional.** We encourage you to push yourself out of your comfort zone just enough to feel good about your effort and still be safe. We will all be there cheering for you!

And remember... obstacle runs carry with them a social, fun atmosphere where one racer is willing to help another get through an obstacle. So, if you feel stuck or feel a little unsure... ask for some help or encouragement. The racer in front of you or behind you is your best resource. Also, TUFF eNUFF volunteers will be all over the course to offer support for you to meet your challenges!

X. VOLUNTEER: We will be utilizing a small army of volunteers to make this race a success for the community. If you have friends or family members who don't want to run, suggest that they get involved as a volunteer. We would be most appreciative. The first 100 volunteers get a t-shirt and **BONUS:** they get the very best views of some of the most fun (or "funny") obstacles! Email Mary Leonardo at roganleonardo@yahoo.com to volunteer.

XI. EVENTS AFTER THE RACE:

After the challenge, the fun continues. Receive 1 free Mountain Coaster ride at the finish line upon completing the course and enjoy group pricing for all other attractions for you and your family at the Adventure Center. Also enjoy the BBQ and post-race bonfire to warm your bones and feed your belly!

Special Safety Note:

Lost Parent Procedure

If any child loses their parent or responsible adult, they should go immediately to any person in a volunteer shirt, they will then be escorted to the Emergency vehicle at the front of Base Camp (near the pond).

An announcement will be made and your parent will be returned to you as soon as possible!!

Please discuss this before the race so that a "meet up" plan is in place.

xii: Alcohol & Drug Council of Tompkins County, Cortland Prevention Resources and The Tuff eNuff Planning Committee would like to thank the following:



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Agreement, Waiver, Release of Claims, Warning of Risk, and Assumption of Risk

Participants: Carefully Read the details of this document before accepting the risk of the Tuff eNuff Challenge at Greek Peak Mountain Resort and signing this waiver. This document has legal consequences and will determine your legal rights, either restrict or negate, in pursuing future legal actions. *After* reading and understanding the terms, sign the waiver and with that attest to understand and acknowledge, I, the participant, am accepting and agreeing to the following terms and conditions on this legal document in exchange for permission to participate in the Tuff eNuff challenge at the Greek Peak Mountain Resort in Cortland, New York on September 15, 2013, which includes the entirety of the Tuff eNuff course on the property of Greek Peak Mountain Resort as well as the pre- and post-course events and related activities:

1. I, the participant, understand that by engaging in the Tuff eNuff Challenge, I am exposed to a hazardous activity. I acknowledge that the Tuff eNuff Challenge is an extreme test of my physical and mental limits, which intrinsically incorporates risk of physical injury that cannot be eliminated.

2. I accept that it is my own responsibility to determine the adequacy of my physical condition, health, skill, and properly trained to safely participate in the Tuff eNuff Challenge. I hereby represent that I will be, on the September 15, 2013, in exceptional health and physical condition to safely participate in the Tuff eNuff Challenge. I guarantee that I have no known or knowable physical or mental conditions, which would interfere with my ability to participate in the Tuff eNuff challenge in a safe manner, or would result in my participation developing an additional risk of danger to myself and fellow participants. Moreover, I further certify that I have not been advised or cautioned otherwise by a medical practitioner. I understand that it is my personal responsibility to monitor my own physical and mental condition throughout the course. I acknowledge and agree that I will not be reimbursed any portion of fees paid for participating in the Tuff eNuff Challenge if I withdraw or need to be withdrawn prior to the completion of the course. I attest that I am covered by medical insurance, individually or as a member of an organization.

3. I expressly, knowingly, and voluntarily assume all of the risks of participating in the Tuff eNuff Challenge. I understand and acknowledge that these risk include, but are not limited to: falls; illness; infection; contact and/or collision with spectators, personnel, participants, and other pedestrians; contact or collision with motor vehicles or machinery; contact or collision with fellow participants of varying levels of skill and ability ; contact and the effects of contact with natural and man-made fixed objects; natural and man-made water, road, and surface hazards; inadequate competition equipment and/or equipment failure; dangers arising from weather conditions; including but not limited to extreme heat, cold, humidity, ice, rain or fog; imperfect course conditions; and inadequate safety measures. I accept full and sole responsibility for condition and adequacy of my equipment. I expressly assume

all risks and take full responsibility for any and all damages, liabilities, losses, or expenses that I incur as a result of participating in the Tuff eNuff Challenge.

4. I assume full responsibility for any injury, loss or damage associated with my use or consumption of alcohol and/or drugs at any point during the Tuff eNuff Challenge. I understand the dangers associated with the use or consumption of alcohol and/or drugs might impair my judgment and motor skills. I certify on September 15, 2013, I will not be under the influence of alcohol or any drugs that would in any way impair my ability to participate in the Tuff eNuff Challenge in a safe manner. I assume full responsibility for an injury or loss to myself or to others and for any damage to any personal or real property associated with my use or consumption of alcohol and/ or drugs at any point during the Tuff eNuff Challenge. I hereby indemnify and agree to hold harmless the released parties (as defined below) from any injury, loss, or damage described in this section.

5. I agree to abide by the rules of the Tuff eNuff Challenge and to comply with the directions and instructions of the Tuff eNuff Challenge personnel. I agree to become familiar with and abide by all written and/or posted rules of the Tuff eNuff Challenge, as well as all written and/or posted rules of Greek Peak Mountain Resort. I further agree to comply with all directions, instruction and decisions of the Tuff eNuff Challenge and Greek Peak Mountain Resort personnel. I also agree to exhibit appropriate behavior at all times; demonstrate respect for all people, equipment and facilities; and participate with a cooperative and positive attitude. I understand that the Tuff eNuff Challenge and Greek Peak Mountain Resort personnel may immediately dismiss anyone who disobeys any rules, directions, instructions, decisions, or laws, or whose behavior endangers safety or negatively affects a person, facility, or property of any kind without refund.

6. I consent to receive medical care and treatment as determined by appropriate Tuff eNuff Challenge personnel. In the event of my injury, accident, or illness, I consent to receive medical care and treatment as deemed advisable in the best judgment of appropriate Tuff eNuff Challenge and/or Greek Peak Mountain Resort personnel and/or appropriate medical professionals. If necessary, I authorize appropriate Tuff eNuff Challenge personnel to consent to such medical care and treatment on my behalf.

7. I grant permission to the Tuff eNuff Challenge and Greek Peak Mountain Resort, as well as the Alcohol & Drug Council of Tompkins County, Inc. and Cortland Prevention Resources, to use my photograph and/or any other record of my participation in the Tuff eNuff Challenge for any legitimate purpose. I understand that any and all photographs, motion pictures, recordings, and/or likenesses of me captured during the Tuff eNuff Challenge by the previously mentioned companies and organizations and/ or any of their respective affiliated entities, contractors, sponsors, and/or media, become their sole property.

8. I acknowledge that the Tuff eNuff Challenge reserves the right to cancel or reschedule the Tuff eNuff Challenge in the event of emergency or other disaster. I acknowledge that the Tuff eNuff Challenge in its sole discretion may delay, modify, or cancel the Tuff eNuff Challenge if natural or man-made emergencies make administering the event unreasonably difficult or unsafe. I further acknowledge that the Tuff eNuff Challenge, Greek Peak Mountain Resort, and its affiliates in their sole

discretion may also delay, modify, or cancel the Tuff eNuff Challenge if conditions on September 15, 2013 are, in the sole judgment of the organization, in any way unsafe. In the event of a delay, modification, or cancellation of the Tuff eNuff Challenge as described in this paragraph, I understand that I will not be entitled to a refund of my entry fee or any other costs incurred in connection with the Tuff eNuff Challenge.

9. I hereby waive, release and forever discharge the Tuff eNuff Challenge and other released parties from any and all claims I may have arising out of my participation in the Tuff eNuff Challenge. I covenant and agree not to sue the Tuff eNuff Challenge or any of the other released parties and affiliates for any such claims. In consideration of being permitted to participate in the tuff eNuff Challenge, I hereby agree not to sue and waive, release, and forever discharge the following parties (“released parties”) from any and all claims (as defined below): the Tuff eNuff Challenge and the entirety of its staff and affiliates; Greek Peak Mountain Resort and its staff, volunteers, and affiliates; all Tuff eNuff Challenge event sponsors, organizers, directors, municipal agencies whose property are used with the Tuff eNuff Challenge; and any or all parent, subsidiary or affiliate companies, members, or representatives including but not limited to the Alcohol & Drug Council of Tompkins County, Inc. and Cortland Prevention Resources. In consideration of being permitted to participate in the Tuff eNuff Challenge, I hereby waive, release and forever discharge the released parties from all claims. I understand and agree that the foregoing waiver, release, and discharge applies even if the claims are caused but the negligent acts, omissions, or carelessness of any of the released parties. I understand that this waiver, release and discharge operates for myself as well as on behalf of my spouse, children, parents, guardians, heirs, next of kin and any legal or personal representatives, executors, administrators, successors and assigns, or anyone else who might claim or sue on my behalf.

10. I hereby agree to indemnify, defend and hold harmless the Tuff eNuff Challenge organization and the other released parties from any and all expenses incurred and claims made that relate to my breach of this Agreement. I hereby agree to indemnify, defend, and hold harmless the Tuff eNuff Challenge and the other released parties from any and all expenses incurred and all claims made by myself or others. I understand that this agreement to indemnify, defend and hold harmless operates for myself as well as on behalf of my spouse, children, parents, guardians, heirs, next of kin and any legal or personal representative, executors, administrators, successors and assigns, or anyone else who might claim or sue on my behalf. I understand and agree that this Agreement is intended to be as broad and inclusive as is permitted by the state of New York, and that if any provision shall be found to be unlawful, void, or for any reason unenforceable, then that provision shall be severed from the Agreement and does not affect the validity and enforceability of any remaining provisions. I agree that the terms of this agreement are binding on me and shall be governed by the Laws of the State of New York. I also agree that any legal action relating to my participation in the Tuff eNuff challenge will be brought in the New York State Supreme Court, County of Cortland of the United States District Court for the Northern District of New York.

BY SIGNING BELOW, I AFFIRM THAST I AM EIGHTEEN (18) YEARS OF AGE OR OLDER (OR WILL BE ON THE DATE OF THE TUFF ENUFF CHALLENGE), I HAVE READ THE AGREEMENT, I UNDERSTAND ITS CONTENT, AND I INTENTIONALLY AND VOLUNTARILY SIGN THIS AGREEMENT.

Signature

Printed Name

Date:

IN CASE OF EMERGENCY NOTIFY:

Contact (Name):

Phone Number:

Relationship:

Bib Number:

