

## 24<sup>th</sup>. Annual - Ruth Anderson 50K, 50M & 100K Ultra races

Saturday, April 17, 2010 at 6:30 a.m.

Presented by the Bay Area Ultra Runners (BAUR) in honor of Ruth Anderson, a pioneering runner who ran her first 100K on this course in 1976.

**Course:** A mostly flat, certified 4.475-mile loop on groomed dirt or asphalt path around scenic Lake Merced in San Francisco, California. The races start in the parking lot at the north end of the lake at the foot of Sunset Boulevard. Runners will enjoy two aid stations per lap stocked with water, electrolytes, and a selection of foods.

**Format:** Runners will be allowed to choose their distance during the race, but a runner can only be a finisher in one race. Once reaching 50K or 50M, a runner can stop or continue. If the runner stops, he/she is a finisher in that race and his/her tag will be pulled. Choosing to go beyond the 50K / 50M distance makes the runner an entrant and competitor in the next longer event.

**Fee:** \$50 if postmarked by April 10, 2010; \$60 thereafter. Entry deadline is April 16, 2010. Complete information packets will be sent with entry confirmation. If you have run Ruth Anderson in the past you are entitled to a \$5 returning runner discount off your early or late registration fee. If you are a 2009 PA/USATF age-group season champion, you are also entitled to a 50% discount. Registration also available online at <http://www.active.com>.

**Cutoff:** There is an 11 hour cutoff at the 50M mark for 100K runners. Times will be recorded for all runners at 50K and 50M.

**Awards:** This is a PA/USATF Grand Prix event with souvenirs to all starters and age group awards threedep in all events. You must be a PA/USATF member to qualify for points and awards. To join visit <http://www.pausatf.org/>.

\*\*If you're unable to run, but want to help out, come volunteer! There will be warm food and friendly faces.

Make checks payable to "THE BAY AREA ULTRARUNNERS (BAUR)"

Mail entries to: Rajeev Patel, 1388 Pinehurst Sq., San Jose, CA 95117

Tel: (408) 838-8911 or E-mail: [RajeevTheRunner@yahoo.com](mailto:RajeevTheRunner@yahoo.com)

Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ PA/USATF # \_\_\_\_\_

Club Name \_\_\_\_\_ Email \_\_\_\_\_

First Ultra Marathon? Y N Ultras completed \_\_\_\_\_

**ALL ENTRANTS MUST SIGN WAIVER:** In consideration of accepting this entry into this event, I the undersigned, do hereby for myself, my executors and administrator, waive and release any and all rights and claims for damages I may have or acquire against any beneficiaries, organizers, sponsors, advertisers, employees and Federal, State and local governments or private parties on whose property this event may be run, or any and all injuries suffered by the participant due to participation in the event. I further assume any and all financial responsibility that may be incurred in the event I require emergency evacuation from the racecourse, including but not limited to air evacuation.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this race, and my physical condition to run this event has been verified by a licensed medical doctor.

I understand that Race Management reserves the right to enforce race rules intended for the safety of runners and/or may create new race rules, as required during the event.

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

# RUTH ANDERSON