USATF Sanctioned

Buffalo, NY

BPAC 6 Hour Distance Classic

MAKE THIS YOUR FIRST ULTRA or USE IT AS A TRAINING RUN FOR A SPRING MARATHON

First Race in Western New York 2009 Ultra Series (www.wny-ultra.org)

Other races in the series are:
Highland Forest 1,2,3 (30M), Finger Lakes Fifties (50M & 50K),
Green Lakes Endurance Runs (100K & 50K), CanLake50 (50M & 50K), and Mendon Trail Runs (50K)

WHEN: Sunday, April 26, 2009 at 8:00 a.m. sharp. Run or walk as far as you can, for up to six hours. All timing stops at 2:00 p.m. Partial laps at the end of the race will count, but only if the runner completes a full lap.

WHERE: Amherst Bike Path at Amherst Pepsi Center, south of University at Buffalo North Campus. Take I 290 to exit 5B, exit north on Millersport Highway (263) for one mile. Exit at Coventry exit (second light) to right. Pepsi Center is on left.

COURSE: 3.25 mile scenic loop, P-shaped, paved, traffic-free.

AID STATIONS: *New* Located at 2 mile and 3.25 mile markers, with water, gatorade, cookies, and bananas.

AWARDS: Certificates for all finishers; finisher medals for top 30 finishers

- Prorated times for all marathon distance finishers.
- All competitors with at least 10 laps will be listed in *Ultrarunning Magazine*.
- Results will be mailed to all finishers and will be posted on the web.

RACE REGISTRATION and NUMBER PICK-UP

- Sunday, April 26, 2009, 7:00 to 7:30 a.m., northeast corner of Pepsi Center parking lot.

REGISTRATION FEE:
- $20 U.S. / $25 Canadian: prior to April 26, 2009
- $25 U.S. / $35 Canadian: on race day prior to 7:30 a.m.

- Checks in U.S. currency made payable to the "Buffalo Philharmonic Athletic Club." Checks in Canadian currency made payable to "Susan Devlin." Mail completed applications to Susan Devlin / PO Box 438 / Hamburg, NY 14075.

POST RACE PARTY: 2:30 to 5:00 p.m. under the shelter at the start line.

For additional information, contact: Susan Devlin / E-mail: sd_runner@hotmail.com

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RACE APPLICATION [Please print]

_____ _____ _____
Last Name First Name MI

_____
Number and Street

_____ _____ _____
Town / City State Zip Code

_____ _____ _____
Phone Number Age Male / Female

Release: In consideration of your accepting my entry and permitting me to attend or participate therein, I intend to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may now or in the future have against the Buffalo Philharmonic Athletic Club, the Town of Amherst, or their representatives, agents, members or assigns for any and all losses and/or injuries from competing in or attending said run. I verify that I am physically fit, and have trained sufficiently for this race.

Participant's Signature_____ Date_____

Parent / Guardian_____ Date_____
(if participant is under age 18)