

ULTRARUNNING^{WORLD}

ROAD, TRACK & TRAIL ULTRA DISTANCE NEWS ISSUE 4 DEC/JAN 2011

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- ⤴ Bhati Lakes 100
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ULTRARUNNING WORLD

Issue: 4 December/January 2011



The West Highland Way 2010

Photo by Alan Young

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

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Welcome to the December/January 2011 edition of Ultrarunning World. This issue is a bit short in the news section due to work on producing the calendar which took longer than expected.

I would like to thank the contributors to this issue for their kind permission to use the material included here. Without material and generosity such as this, the magazine wouldn't exist.

Alan Young, athlete manager extraordinaire, has been extremely kind in giving me permission to use his photos. Visit his site: dionnetworks.com/

Kavitha Kanaparthi is race director for Globeracers in India and organised India's first 100 mile race.

Don Winkley runs all the time long or short, a man who is crossing the races off his bucket list.

Blake Wood finished the Barkley only to be dq'd for "a minor route error".

Alan Johnson has acquired a taste for running across deserts.

Chris Carver - a testicular cancer survivor is one of the top UK 24 hour runners.

William Sichel maybe the finest multiday specialist to ever emerge from Orkney and is busy acquiring records wherever he runs.

Shishaldin Hanlen is a New York based ultrarunner, tennis coach, artist and recently married a lawyer Norm.

Many thanks to everyone.

Cover photo by Alan Young: Sarah Barnett on her way to victory at the 2010 No Finish Line 8 Day Race.

Email the editor at: mail@ultrarunningworld.co.uk

Ultrarunning News

William Sichel had a good race in Evreux at the 48 hour UltraNormand December 2nd (see p. 23), as did Heather Foundling-Hawker who ran 200 kms in the first 24 hours to set a pb and qualify for the GB and Commonwealth Championships in 2011.

At Le Defi 24 heures – Telethon Willy Rigaux won with 186 km and the first woman was Viviane Giulia with 127 km.

The **Barcelona 24 hour** race, December 18 saw Jose Santiago win with 223 km closely followed in second place by UK runner Emily Gelder with 222 km.

December saw a bunch of 24 hour races taking place in the US starting with the first **Desert Solstice 24 Hour** taking place 18th-19th at Nardini Manor, home of Across The Years. First man was Joseph Grant with 133 miles followed by Tatsunori Suzuki with 129 miles. First lady was Charlotte Vasarhelyi with 87 miles.

This event was billed as a last opportunity to qualify for the US 24 hour team to compete in the World 24 Hour Championships in Brugg, Switzerland - an event that is now seeking an alternative location.

The last big multiday event on the US and most international calendars is **Across the Years**, a 72/48/24 hour event that begins December 29th and finishes January 1st 9 a.m.

This year the event has been produced by Aravaipa Running, Nick and Jamil Coury, who have been participating in ATY since 2005.

The event was beset with cold, wet and windy weather that just added to the challenge.

This years winners in the 72 hour were George Biondic with 248 miles and first lady was Kena Yutz with 216 miles, 6th overall. In the 48 hour Davy Crockett was first man with 187 miles closely followed by in second place by Debra Horn with 182 miles. In the 24 hour which took place on each of the three days, Jamie Donaldson, one of the US's leading ultrarunners, took first place with 123 miles. Second was Melissa Williams with 112 miles and third was Matt Watts with 111 miles.

New Years Eve saw two other 24 hours

taking place in the US with the **Freedom Park 24 Hour** first off in Morganton North Carolina. The event also included 6 & 12 hour options. The 24 hour race was won by Jonathan Savage with 116 miles completed in less than 20 hours. Second place overall was Sarah Liaguno with 113 miles. Seven runners went over 100 miles from the 38 starters.

Farther South in Palm Beach County, Florida was the inaugural **Peanut Island 24/12/6 hour** race. Peanut Island is only accessible by boat so is a unique experience and in warmer conditions. The 24 hour drew 46 starters with Dave Carver coming home first with 116 miles. First lady was Bonnie Busch with 104 miles. The top 10 all reached 100 miles.

Ultrarunning magazine's North American runners of the year were Geoff Roes from Colorado and Tracy Garneau from BC in Canada. Voting results can be seen on the website.

In the UK, first race was the **Hardmoors 30** starting on New Years day which was won by Jim Mann in 4:20. The Hardmoors 50 now has 2 points towards qualifying for UTMB and the Hardmoors 110 has 4 points.

In Ireland on January the 7th, the **Art O'Neil Challenge**, a 55 km run from Dublin Castle to Barrvore, was won by Eoin Keith in 7:13:50 and Pauline Brady was first lady in 9:59:05.

January 7th was the **Florida Keys Ragnar Relay**, the first in a year long series of relay races around the country. This event is a 12 person, 190 mile race from Miami to Key West. First to rest their weary feet were Jax Run Co who finished in 19:59:37 and the first women's team were Girls Gone Hog Wild in 26:11:42. The next Ragnar Relay is the Del Sol February 25-26 – 202 miles across the Arizona desert.

The **Narrabeen All Nighter** is a 12 hour or 100 km race along Narrabeen Lake some 20 km north of Sydney in NSW. The 12 hour was won by Barry Loveday with 147 km and also was first to the 100 km mark in 7:50:12. First woman was Natalie Jennings with 110 km and was the only woman to reach 100 km in 10:42:36.

The 27th **Tandem** race, the final running of the event, took place in Goathland, N.Yorks on January the 8th. Men's

winners were Peter Chapman & David Jelly, the women's winners were Alison Crellin & Zoe Coates and the mixed team first home was Martin Clements and Shelli Gordon.

8th January saw the 2nd **Arhus Indoor Run** with 6/12/24 hour and 100 km events taking place in Denmark. The 24 hour was won by Christian Frimann with 211 km and first woman was Vera Nystas with 183 km. 12 of the 49 starters went over 100 miles.

Bandera 100 km Endurance Run took place January 8th in Texas in the US. Bandera has 100/50/25 km options and was also the 2011 USA Track & Field 100km Trail National Championships. First man was Dave Mackey from Boulder, CO in 8:16:48 and first lady, 6th overall was Liza Howard from San Antonio TX in 9:35:23. 171 starters/129 finishers.

In the 50 km Matt Turnbull triumphed in 4:02:41 and first woman was Melanie Fryar in 4:51:17

The **HURT 100** mile race in Hawaii is the first 100 miler of the year in the US, 15th January and is known to be a challenging event. This year's race was won by Jason Loutitt in 22:27:35 almost an hour ahead of second place Paul Hopwood. First woman was 24 year old Hannah Roberts in 29:22:00.

Also on the 15th of January was the **Weymouth Woods 100 km** in Southern Pines, NC. First man was Vladimir Banas in 9:23:08 and first woman was Sage Norton, third overall in 10 44:37.

In the UK on January 15th the 45 mile **Country to Capital** race was run from Wendover in Bucks to Little Venice in London. First man was Craig Stewart in a time of 4:56:10 and first woman was Caroline Hall in 6:24:14.

The **Avalon Benefit 50** mile race in Avalon, CA was won by Fabrice Hardel in 6:43:53 and second place was Heather Fuhr close behind with 6:51:51.

Antibes Ultra Festival is dropping its 24 hour option this year and including a 72 hour race to go along with its 48 hour and 6 day races taking place in Juan-les-Pins from the 5th-11th of June.

Perth To Stage Anglo Celtic Plate, Scottish 100K and 50K Championships & UKA 100K Road Race Championships in Conjunction With The Self-Transcendence 100K and 50K Races



Perth, the venue for the successful ultra festival in September, has been chosen to stage the 2011 UKA 100 KILOMETRE road race championships.

Sunday 27th March is when some of the top ultra runners from the UK and Ireland will converge on Perth as the event also incorporates the annual Anglo Celtic Plate home countries international and also the Scottish 100km championships. Despite this array of talent, the event is also an open event and alongside the longer race a 50km event will be staged which also incorporates the Scottish championships.

U K athletics ultra-distance representative Norman Wilson

commented, "Perth has proved itself as a popular venue and a well-organised successful event, and I know they will put on a good show. It is fitting that in the month that Scotland's Ellie Greenwood won the world 100km title that Perth is announced as the venue for the National championship "

Adrian Stott of the small but enthusiastic Sri Chinmoy Athletic club who has been competing in and organising ultra events for over 25 years, and is helping to co-ordinate the race with the Scottish Athletics event team said " The numbers competing in ultra events in Scotland and throughout the UK continues to grow. As well as some very talented athletes who are competing at international level,

there are a growing band of runners who realise that running beyond the standard Marathon is totally achievable and enjoyable. We look forward to many of them challenging themselves over either the classic internationally recognised distance of 100km or the shorter but still challenging 50km.

For any further Information contact Adrian Stott 0131 312 8229 or e-mail tarit@runandbecome.com

Please visit <http://uk.srichinmoyraces.org/ultras> to find ongoing race details which include a link to online entries which are being handled by The Scottish athletics office. You can also download a paper entry form there too.



Photos: Alan Young

Du 10 au 27 août 2011 • 9^e édition

La TransE Gaulle 9

De la Manche à la Méditerranée, 1150 km en course à pied

DÉPART 10/08 • ROSCOFF - ARRIVÉE • GRUISSAN PLAGE 27/08

| | |
|---|--------------------------------------|
| 10/08 • Plounévezel • 67 km | 19/08 • Bourganeuf • 61 km |
| 11/08 • Pontivy • 64 km | 20/08 • Peyrelevade • 49 km |
| 12/08 • Guer • 75 km | 21/08 • Mauriac • 75 km |
| 13/08 • Châteaubriant • 67 km | 22/08 • Aurillac • 64 km |
| 14/08 • St-Georges/Loire • 71 km | 23/08 • St-Cyprien/Dourdou • 61 km |
| 15/08 • Doué-la-Fontaine • 53 km | 24/08 • Cassagnes-Bégonhès • 58 km |
| 16/08 • Monts/Guesnes • 58 km | 25/08 • St-Sernin/Rance • 54 km |
| 17/08 • Angles/l'Anglin • 63 km | 26/08 • St-Pons-de-Thomières • 70 km |
| 18/08 • St-Sulpice-les-Feuilles • 69 km | 27/08 • GRUISSAN-PLAGE • 71 km |

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- moyenne quotidienne : 63,9 KM (routes secondaires, 96% bitume)
- classement par cumul journalier des temps. Cut-off time : 5,5 km/h
- DEPART : **Mercredi 10 août** à ROSCOFF (Finistère)
- ARRIVEE : **Samedi 27 août** à GRUISSAN-Plage (Aude)
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- 19 hébergements (gymnases), 18 petits-déjeuners, 13 dîners inclus
- race director : Jean-Benoît Jaouen - tél : 06 33 49 13 99

1ère édition (2001) :
- 1130 km -

15 partants, 11 Finishers
Vainqueur : Maurice Mondon* (FRA) 96h15'

2e édition (2002) :
- 1130 km -

26 partants, 23 Finishers
Vainqueurs : Rainer W. Koch* (GER) 94h04'
(F) Ria Buiten* (NED) 124h00'

3e édition (2004) :
- 1149 km -

24 partants, 14 Finishers
Vainqueurs : J.-Jacques Moros* (FRA) 94h00'
(F) Sigrid Eichner* (GER) 184h30'

4e édition (2005) :
- 1149 km -

24 partants, 24 Finishers
Vainqueurs : Janne Kankaansyrja* (FIN) 98h08'
(F) Hiroko Okiyama* (JAP) 116h43'

5e édition (2006) :
- 1150 km -

38 partants, 27 Finishers
Vainqueurs : Werner Selch** (GER) 109h17'
(F) Regina Van Geene* (NED) 176h34'

6e édition (2007) :
- 1150 km -

40 partants, 31 Finishers
Vainqueurs : Martin Wagen** (SWI) 103h19'
(F) Elke Streicher* (GER) 123h37'

7e édition (2008) :
- 1151 km -

51 partants, 44 Finishers
Vainqueurs : René Strosny* (GER) 94h04' ! **Record ! 12,18 km/h**
(F) Hiroko Okiyama** (JAP) 108h49' ! **F. Record ! 10,53 km/h**

8e édition (2010) :
- 1150 km -

50 partants, 44 Finishers
Vainqueurs : Jan Nabuurs*** (NED) 98h23'
(F) Brigitte Bec-Cêtre* (FRA) 124h00'



Limité à 55 participants

Inscription : 1275 €

2è participation : -5% ♦ 3è : -10% ♦ 4è : -15% ♦ etc.

Dans l'esprit de la TRANSAMERICA mais garantie sans déserts brûlants ni lignes droites infinies, cette course s'adresse à tous les coureurs qui ont lu « LA GRANDE COURSE DE FLANAGAN » en rêvant d'y être...

Bhati Lakes 100 Miles

First Steps
Kavitha Kanaparthi

We did it! India's 100 mile races got off to a great start with many runners setting personal and course records! What a weekend it was. 16 male and 3 female runners blazed the trail as though yet to cool off winter's heat wasn't hot enough 😊 After contemplating for months, we at Globberacers launched the first in a series of 100 mile races to be held across the country. It was the perfect setting for those who wanted to test their limits. A trail that needed focus, heat that seared, and humidity that drained – a perfect setting for a tough race. 100-mile runners set off at 5am and soon the 50-mile and 30-mile runners followed. By 6.30am temperatures started to rise touching 37C with peak temps setting in by 1pm. 5 lakes, though beautiful, only added to the humidity topping 65%.



GR Photofile: 100-mile racers Arun and Roger waiting for the clock 😊



GR Photofile: 30 and 50-mile runners waiting for their start.



GR Photofile: Roger accompanying Arun on his last lap

Roger, who puts on Annapurna race in Nepal, set out to run 100-miles, while Arun set a pace for himself for the coming 200km run in Calcutta. Every passing hour brought on more heat, and more suffering to the runners. To add to the misery, there were shallow gorges to cross, rocky paths to watch out for, and thorny bushes leaving their mark! We didn't intend to make this run an easy one, setting the stage for a tough 100-mile series in 2011 starting with Golconda 100 in March 2011 in the city of Hyderabad, Andhra Pradesh with road/trail in mildly hot weather, Western Ghats 100 in June 2011 near the city of Bangalore, Karnataka with mountain trails in rainy weather, and Bhati 100 – II in Delhi in October 2011 in the end summer season weather rounding off with a 24-hour road race in Mumbai in December 2011. That is one packed 2011, in addition to our multi-day races in Thar desert and the Himalayas 😊

Pre-race get together had some runners showing up directly from airport, those who thought couldn't make it show up, and some just before everyone left, but we were glad they could make it and got to know each other a little. Volunteers were there too taking in the energy and gearing up for the big morning. Sadly though some of the volunteers weren't there with us at the race when Parvinder Singh, Andrew, and one of the runners, Manjula Sridhar stepped in and made the day!

Through the day we had Manjula like a true champion that she is, drop out to volunteer, Ravi almost give up and go back to finish 30-miles, Santhosh wavering after 60kms and deciding to push for a strong finish after a string of DNFs, Roger deciding to finish 50miles rather than a 100, Corinna, Dickie, Prem, Anand, Darvesh, Snorre, Ken, Asha, Tejpal, and Chinar finishing their first ultra, Asha going beyond a 50km distance, Rahul being the first victim of the heat and needing to drop

out due to cramps, and Arun settling in to a steady pace for a strong 100-mile finish. Amit and Dinesh dropped out after the first 20kms and called it a day, the only runners who didn't finish, officially.

As the runners were weighed after every 20kms, a first for many of them, each of them experienced a different process of sorts, and were seen discussing their weight loss/gain and analyzing their runs, food habits, and their nutrition and water intake during the run. It looked as though they all learned something about their own run habits! Although many seemed to think their timing wasn't good enough, it was a matter of mind over body that day when every runner who finished, finished strong, and left the field elated, and vindicated. All that training, and confidence were perfectly put to use.

Suraj Kund cops did their mandatory rounds to ensure all the runners were safe, and there weren't any mishaps on the route, while runners struggled through heat and waning determination. They were supportive throughout and ensured we felt welcome and protected when a couple of mining inspectors showed up to check whether or not we were camping there to steal precious resources with coolers of water, and tents!

Suraj Kund management was extremely accommodating in allowing

us to run through their development and camp on their premises. AllSports, Fitz Coke, Fortis, Suunto, RedBull, all were generous in their support and sponsorship. Archit of Real Adventures, our logistics partner survived 40 sleepless hours without a gripe!

Our volunteer interns came in the form of Delhi College students, who wanted to understand what the races are all about and how they worked. We enjoyed having them with us and seeing their perspective and take on things. Quite refreshing.

Beer at the finish line made it all worth it, especially for Prem, who told us that he would be expecting a pint to make all the punishment worthwhile. We are glad to have a set of runners who understand the sport, live for a challenge, and excel. Roger completed 50-miles with ease, and we felt that he gave up after enduring the



GR Photofile: Prashanth, one of our student volunteers.



GR Photofile: Santhosh receiving his certificate and medal.



GR Photofile: Darvesh on the trail. Picture courtesy Manjula



GR Photofile: Vikram on the trail. Picture courtesy Manjula.

toughest part of the race, running 50 miles at the hottest hour of the day, and giving up as it cooled down. He says he will come back to finish. We look forward to it. Asha walked her last few miles and finished as the night fell while Arun kept up his steady pace. As we settled in to the night, Arun was the sole runner on the route, logging miles after miles. As dawn broke, Roger came back to see Arun finish, and ran the last lap with him, which Arun sprinted! Some power he had left in those legs!

Arun was the only one to finish 100miles, Santhosh finished first in Men's category, 50miles, Asha was the only woman in the 50-mile category and finished strong, while Snorre finished first in Men's



GR Photofile: Runners still looking good after the race.

What more can a race director ask for? Runners who are happy, a race that concludes without any major incident, and smiles at the finish line. We, at Globberacers, are very much looking forward to a strong 2011 racing season. Ultras in India are here to stay! Come race with us and, yes, consider it a run on your vacation in India 😊 That's the way of a Globberacer!

Kavitha Kanaparthi
Race Director
<http://www.globberacers.com>

Desert Storm 2011 year includes two events:

- A 4-day, 180km event
- A 30/50/100 mile event with a 36 hour cut-off time.

It's a perfect opportunity to experience a multi-day event and witness a 100-mile race in a beautiful desert.



M2M Marathon on to 24 hrs the Hard Way

Don Winkley



I awoke with a start, oh no - had I slept thru the start of a marathon. I was lying on the bed clothed with day light coming thru the window. A quick glance at the clock, it said 3:00. Then a quick body check, yes the legs were sore. Relaxed now, I realized the marathon was over.

Training partners from Corpus Christi had talked excessively of Marathon to Marathon (M to M) so much so I became basically angry and jealous, I couldn't stand to hear any more about this race without actually doing it myself. Big marathons don't intrigue me any more so M to M was perfect.

Actually it was time to hit the road again; I was having cabin fever; the van was cleaned out. A look at the ultra calendar and I realized I could combine M to M with a trip to Oklahoma City the next weekend and run the 24 hr The Hard Way. So a triangular road trip with each driving leg about 500 miles. Now only entries, hotels, transfer money into the debit card, tell my wife and son they are in charge of the house and cats, and I am off.

The drive to Marathon Texas was nice; West Texas has a special kind of beauty. I arrived in Marathon, picked up my packet, had a pre-race dinner, drove to my Alpine Texas hotel, laid out my marathon gear and now only to wake up and drive to the race start about 3 miles south of Alpine. While it is titled Marathon to Marathon, and some do start by taking the bus from Marathon to the start line, actually you run from Alpine to Marathon on a two lane black top road Route 90 along a big breakdown lane.

Final words with my Corpus training partners, then with little fanfare the gun goes off while I am in the Skid-O-Can. No problem, in such a small race I easily join my training partners Julie and Kami. We run - sort of together - for the first few miles. I decide to run slightly faster and chase down some ahead. I comment that it will be a lonely second half. The race will spread out quickly especially with many diverse abilities.

I try to relax - relax the shoulders - run easy - make every step the same as the last. I tell this old race horse, hug the rail, hold back, let the ones ahead run to exhaustion, don't even think of pushing the pace until the half-marathon point.

The half marathon point arrives, now I have only one fellow competitor near me, he has those new shoes the mimic bare foot running. He is either maddening or entertaining, he will pass me, only to then walk and pick stones out of his shoes. I figured this would continue to the finish but just beyond the half marathon point - and - he is history. Now there is virtually no-one in sight. I graze the old flank with the whip. Now looking far ahead there is an occasional runner silhouetted as he crosses over a hill ahead. The next victim.

Only 10k to go and time to really hit that flank with the whip. There is little reason to not open it up full throttle. Very quickly the last mile arrives. No race has any training value except running the last mile balls to the wall. Arrived 4:08:44. Reflecting how I loved this Route 90 run - just to follow that white line on black tar Alpine to Marathon with some bumps along the way.

Memories of my Trans-America runs where the mountains were on both sides of the road and we made a living day after day on the white line of the breakdown lane...

The after race party included a band and all the Australian wine I could drink. It was quite a day which ended with me totally, no actually totally - wasted.

Visited Marfa Texas the next day and I had goose bumps walking where James Dean may have walked during the

filming of Giant. Why do the greats die young? I think of Steve Prefontaine. On to Oklahoma City. Arrived and got to see a great exhibit of drawings and 3D models of buildings designed by one of the great cutting edge American architects Bruce Goff. His creative ingenuity was unimaginable. I was in total awe.

Race day for the 24 hr arrived. Toes taped, electrolyte tablet packs prepared. I will experiment running on Cranberry and Pomegranate juice. I laced the Pomegranate juice with an amino acid/ creatine concoction. I also prepared in advance some low fat ham, low fat cheese on croissant sandwiches. Now armed with my own race drink and food - I was determined to not graze at the aid station and gain 2 lbs.

The 0.96 mile loop thru the park was nice, lots of wind at times and I think the tornado warning siren went off during the race. It rained only briefly. There were some small rises on the loop. I wonder if they could effect a record attempt.

My run was uneventful. I finished with 94 laps, 89.73 miles having lap times of 14 to 17 min most of the time. My slowest lap was 20:18. My overall average was 15:26 per lap. To run 100 miles requires 13:51 average per lap. I never had cramps or felt tired/sleepy. I still cling to my dream of 100+ miles at 70+. But when?

There were only 4 total in my age group, all with the same age 72 years. My 89 miles took the day with only one male over 60 who beat me with 91.85 miles. I have basically, out lived them.

I talked to many during their walking laps. I went to the race to see my old friends and revisit the experience of running for 24 hrs without a rest. It was a wonderful race, great fellow competitors and volunteers. Got to relive many racing experiences as this old brain was exercised attempting to recall names from races years ago - reworking my oral history of ultra running experiences I witnessed or heard tell of.

Well that's enough - good night. See you at the races.

UltraDon

Nepal's original ultra **Annapurna 100**

SATURDAY 1ST JANUARY 2011

50, 70 and 100 km trail races through traditional villages and along fantastic forest trails with stunning views of the Annapurna range. An unforgettable, Himalayan start to 2011!

New year's day will be a long one for the starters of the Annapurna 100 this year. As the clock strikes 5.30 (?) runners will head through the empty streets of Pokhara into the forested hills below the enormous and shimmering peaks of the Annapurna range.

The course has 50 and 70 km distances as well as 100 km passing many traditional villages on many well known trekking trails including part of the Great Himalaya Trail. The locals will be out to wish the competitors luck and provide refreshments and traditional tika blessings. Despite being the highest country in the world, trail and mountain running is still just taking baby steps. Annapurna 100 race is part of an aim to develop serious races to help local talent to develop and to encourage local participation in running. Organiser Roger Henke says, "Without serious races the sport can't develop. Nepal lacks opportunities for its long distance runners but the potential is evident." It is already working out with some specialised coaching bringing a Nepali runner to second place in the Mt. Kinabalu Climbathon.

A big focus of this years race is to encourage women to enter. This year professional Sherpa runner Nima Yangjee will lead the way along with female trekking guides from 3 Sisters Trekking and rafting guides from Himalayan River Girls, the latter two are successful women's empowerment projects.

This year's race has attracted international entrants with pedigree. With for instance Japan's Ryoichi Sato (11 times Sparthathlon), Slovakia's Pranjil Milovnik (many times Sri Chinmoy 3100 miler). Will Lizzy Hawker make it for the start? Watch this space.

Please read more about trail running in Nepal at <http://trailrunningnepal.org>



www.annapurna100.com

Youth vs. Experience - A Race Report From The JMTR 50 Blake P. Wood

The trash-talking started two weeks before the race, when Simon Gilna began posting provocative notes on Facebook.

"I'm headed to Los Alamos to show Mr. Wood how it's done."

"The Jemez 50 miler is in a few days, and I'm really going to school Mr. Wood!"

This was Simon's first ultra. I responded in kind.

"Big talk, college-boy. Better bring your best race!"

"Looks like an epic battle between youth and experience!"

Simon was one of the best runners I coached at Los Alamos High School. He paced me several times at Hardrock, and is now running for Northern Arizona University. Oh yeah, he is also a former boyfriend of my youngest daughter. He's a talented runner, and a good friend.

After years of organizing and working aid stations, this was the first year I actually ran one of the Jemez Mountain Trail Runs - 50 mile, 50k, or half marathon. Ultrarunning friends came from all over the country - it was a pleasure to welcome them to my home town.

At o'-dark-hundred on race morning, Nick Lewis and I walked 15 minutes from my house for the 5 am start. Daughter Heather, who was running the 50k, got to sleep in - her race didn't start until six.

A group took the 50 mile out surprisingly fast. Within 1/2 mile we were on single track. After 15 minutes I turned off my headlamp, and dropped it off at the 5 mile aid station.

My first priority, of course, was to beat Simon, but I also had a goal of going

under 11 hours (reasonable) or 10 hours (dream).

The first big climb is a steep 1300' haul up the Mitchell Trail to the top of Guaje Ridge. Surprisingly, I was able to run most of it. Near the top I caught up with Simon, who was running next to Diana Finkel, but both left me down the other side when I stopped at the aid station on top. I tried to keep up with local buddy David Coblenz on the steep descent into Guaje Canyon, but he's much faster on the downhills than I am.

After a gradual run up the canyon bottom (featuring the skeletal remains of an elk and a ladder climb up the dam of Guaje Reservoir) we began the second major climb - 1800' to the top of 10,480' Caballo Mountain. This was an out-and-back section, so nearing the top we began to see faster runners coming down. Nick Lewis and Karl Meltzer were both near the front. Near the top, Simon flew by on the way down, calling out "You'd better speed it up if you want to catch me, Mr. Wood!!" I figured he was four minutes ahead of me.

On the way down we started passing the lead 50k runners, who were still on the ascent. Heather was the second place woman, 45 seconds behind Petra Pirc-McDowell. Tommy Nielsen caught me from behind, and pushed me to a reckless pace down the steep trail.

After chatting for a minute with various friends who were working the Caballo Base aid station, I ran most of the way out of the canyon and along the rolling, densely wooded stretch to the Pipeline Road aid station. There I found Karl Meltzer, who was still nursing a broken arm and bruised ribs from a fall a few weeks earlier. He gave me a 'What are you doing here - am I running THAT slowly?' look and left as soon as he saw me.

After getting a quick report from some friends in the aid station that Simon was

five minutes ahead of me, I took off after Karl.

I understand Karl's Speedgoat moniker, seeing him bound down Nate's Nemesis (named for local runner Nate McDowell) - an insanely steep 200' vertical scramble to the bottom of the Valle Caldera. By the time I reached the bottom, Karl was receding into the distance.

After pushing the pace along a few miles of dirt road in the Caldera, I could see three runners in the distance on the cross country section across the meadow. Was one of them Simon? They were too far away to tell.

We began the 1500' cross-country climb toward the summit of Cerro Grande. At some point in the forest, Diana Finkel passed me and seemed surprised that she was ahead of me when I caught back up to her.

I caught two more runners near the summit, but was alone on most of the long 2500' descent down Canon de Valle. This is one of my favorite trails in the Jemez - steep enough to push you along, but not so steep as to be hard on the legs. At the bottom, I caught up with Karl, who was feeling his injuries from the previous weeks.

Another mile brought me to the Pajarito Canyon aid station, manned by some of my high school track runners. They reported that Simon was just a few minutes ahead. Karl arrived, covered with dirt - he had taken a spill onto his broken arm, which was now REALLY hurting.

The day was getting warm as I gradually picked off runners on the 2700' climb up Pajarito Mountain. At the Townsite Lift aid station I found another of my former high school runners, Nathan Romero, who is a good friend of both Simon and myself. He told me that Simon was seven minutes ahead. We were now 33 miles

into the race, and I figured he would be feeling the miles. With increasing confidence that Simon was within reach, I pushed hard toward the 10,420' summit.

Now I was pretty much alone. A steep descent directly down a grassy ski run brought me to the aid station at the ski lodge. Nathan told me Simon had just left. I pushed out on the cross country ski trails and through Canada Bonita toward the Pipeline Road aid station, which we'd visited earlier in the day.

However, my stomach was giving me trouble. So far, I'd done a good job of hydration on a warm day, but now my gut was full and sloshing. I also had the ominous realization that my last pee was over two hours ago. This wasn't good. I'd been hitting the NSAIDs harder than usual to placate my aching knees, and started to worry that my kidneys were shutting down. I backed off on the pace.

Simon was in the Pipeline aid station (39 miles) when I arrived. He picked up his college roommate as a pacer and took off as soon as he saw me. I didn't need to refill my bottles, as my stomach was already so full that I hadn't been able to drink.

Karl Meltzer passed me at high speed along the dirt road leading to the Guaje Ridge Trail. In the distance I could see Simon and his pacer, pulling steadily away.

Upper Guaje Ridge is another of my favorite trails - a real cruise downhill - but I kept my speed under control so as not to risk my kidneys. However, part way down another explanation occurred to me: earlier I had abandoned filling one of my two bottles with water, opting instead to fill both bottles with sugary drink for the calories. Combined with my substantial ingestion of gels, this probably meant that there was too much sugar in my stomach to allow the water to be absorbed - something Karl King had educated me about a decade before. I dumped my bottles and switched to pure water at the Guaje Ridge aid station. In another 30 minutes, my stomach stopped sloshing and I started peeing again.

Now I was passing many runners, most of whom were walking - the tail end of the 50k pack who shared the final 14 miles of the course with us. Although

my stomach was feeling better, there were still more than 40 miles on my legs and feet, and both were complaining about the 2500' descent on a rocky trail.

Our head track coach, Larry Baca, was working the Rendija Canyon aid station with a bunch of our high school runners. Later, he described what happened: Simon arrived, looking spent. Larry told him Blake's coming - you better get moving! to which Simon replied No, I won't be seeing Mr. Wood again. Right on cue, I came bounding into the aid station, looking fresh and jovial. Simon crumpled.

"How are you doing, Simon?" I asked.

"Not good. My legs are shot."

Our friend Nathan was there, and interjected Simon's hoping you'll run in with him.

I considered it. Simon didn't look good, and I figured I could beat him over the remaining two miles. But I didn't relish the thought of a fight to the finish - I was more tired than I let on. And, after all, Simon's my friend, and this WAS his first ultra.

Deal.

The final 20 minutes to the finish was fun. We hobbled along the rolling trail. I tried to keep Simon talking and got to know his roommate. We passed a another mutual friend who was finishing his first ultra in the 50k. And we held hands aloft as we jogged across the finish line in a tie for 8th place, to the cheers of many friends.

Simon and I finished in 10:14 - a very satisfactory time. But for my stomach problems, I think I might have achieved my 10 hour dream race. Karl had come in just a few minutes before us. Diana Finkel arrived a few minutes after us to win the woman's race.

Nick Lewis tweaked his previously injured hamstring, and opted to drop down from the 50 mile to the 50k race, pacing my daughter Heather in to 3rd place among the women, after Petra and Sue Brozik. There were several very fast 50 mile men - two below 9 hours, lead by Nick Clark in 8:26 - a VERY fast time. 100 of 156 finished the 50 mile, 152 of

141 finished the 50k (including mid-race switches from the 50 mile), and all 242 starters finished the half marathon. All three races are among the toughest of their kind.

Finishing with Simon in his first ultra was a far sweeter outcome than if either of us had run the other into the dirt. But next year, the gloves come off. At 21 he's getting faster every year, and at 51 I'm getting slower, so I've got to eke out some victories while I still can!

The Jemez Mountains Trail Runs take place on single track trails and dirt roads in and around Los Alamos, NM in the scenic Jemez Mountains.

The event includes 50m/50km and a half marathon. The 50 mile course runs through the wild and scenic [Valles Caldera National Preserve](#) on technical trails with a substantial amount of elevation change. The 50k and 50 mile events include extremely steep climbs and descents, high altitude, over 10,000 feet above sea level

Top Finishers

Men

- 1 Nick Clark 8:26:13
- 2 Ryan Burch 8:31:35
- 3 Jason Taylor 9:46:10
- 4 Nickademus Hollon 9:56:21
- 5 Bryan Goding 10:00:59
- 6 Pete Stevenson 10:01:47
- 7 Karl Meltzer 10:02:19
- 8 Blake Wood 10:14:11
- 8 Simon Gilna 10:14:11
- 10 Kraig Koski 10:30:59

Women

- 1 Diana Finkel 10:32:02
- 2 Megan Morrissey 12:13:13
- 3 Susan Gebhart 12:21:58
- 4 Leah Fein 12:32:52
- 5 Nicole Chamney 12:33:32
- 6 Megan Finnesy 12:39:58
- 7 Juli Hagen 13:51:17
- 8 Janet Bain 14:40:33
- 9 Marcy Beard 14:44:49
- 10 Lisa Dougherty 14:45:25

Blakes website: <http://microserf.lanl.gov/bpw/running.html>

Website: www.highaltitudeathletics.org

Run The Planet - The Sahara Desert 2010

Alan 'Jonno' Johnson

The Four Deserts is a series of races across the planet. They include the Atacama Desert Chile, the Gobi Desert China, the Sahara Desert Egypt and the Last Desert in Antarctica. To participate in the aptly titled Last Desert Antarctica, you must complete the other three. I completed the Atacama as a part of a team in 2007. The event was extremely well organised from start to finish and the well organised staff made me feel confident that any safety precautions that could be taken, had been.

The race was like nothing I had ever experienced and the people racing were as diverse in nationality, fitness and reasons for being there as any group could be. During the check in for medicals and equipment the euphoric atmosphere and big smiles were infectious; it felt more like a party than the start of a gruelling race across a desert.

The Atacama Crossing was a big success for my team. Each team participating had suffered from a variety of problems however; heat illness took out our last remaining rival team on the fifth day. As the sun was setting and we prepared to march into the night with twenty-five miles still to cover, we were informed that our team was the only one still moving. With that thought in mind we took it easy, paced our selves and returned home with the prize for first team and memories of a place that was simply out of this world.

In 2009 I decided to see what I could achieve as an individual, so I went to China. The Gobi Desert was completely different to the Atacama. The Gobi's endless miles of stones, pebbles and boulders were not friendly. It was more natural in colour with its greys, blacks and shades of greens, which were a

complete contrast to the Martian red of the Atacama. The Gobi offered more agricultural land with village's hidden amongst trees and vegetation while the Atacama was mostly a dusty, rugged emptiness with the occasional span of soft sand and the occasional, isolated abode. One thing these two deserts had in common however was, altitude, heat, challenging terrain, and an ability to create blisters on blisters, twist ankles and make you ask that same question, time and time again? What the hell am I doing here? In each of the four-desert races the competitors are required to carry all their equipment in a backpack averaging around ten kilos'. This pack contains food for seven days with a minimum of 2200 calories per day, hot and cold weather clothing, sleeping bag, sleeping mat, ipod (optional), medical supplies and for me...coffee and hot chocolate. The competitors are housed in Bedouin style tents each evening; these are set up in a new location each day



by the organisers and volunteers from around the world. The volunteers are often accompanying a family member who is racing, while some just want to be part of a unique event and often become inspired to enter themselves. Whatever the reason a volunteer has, they always bring the essential qualifications of enthusiasm and a big smile. Hot water is in endless supply at the tents in the evening and mornings, while water is collected by the runners throughout the day at checkpoints (CP's). CP's are spaced between six and ten miles and are staffed by volunteers and race co-ordinators. Most CP's also include either a Medic or a Doctor to assist with any problems, the most common being blisters and muscular strains. Just another day at the office...

Sahara Race 2010

Having completed two of the four desert races I was confident of my abilities and knowledge regarding multi-day racing and, more specifically, the desert. I anticipated a hard race with the terrain being of endless sand. I was not expecting any big surprises. The kit check, appropriate form filling and issuing of race numbers would be the same as the previous races so as I arrived a few days early I settled into my mental preparation by checking out the great Pyramids of Giza and lounging in the pool. I had eventually been running between fifty and seventy miles a week two months prior to the race, and had squeezed in a few marathons. I also did a few ultramarathons ranging between thirty and fifty miles. I had also suffered a few injuries. Injuries are the unfortunate bi-product of training and I was forced to lower the mileage and intensity until in the last month I was doing all my training without my backpack. Of the four deserts, the Sahara was the race I feared the most. In my mind and over the years it had become a bit of a monster. Regardless, I felt ready and able to do this race. On the start line I stood with my pal Ryan who I had met in the Gobi race in 2009. He was originally from Australia but now worked in London. We had agreed to start together and take it easy to CP one. After that I would run at a more natural pace and if he could keep up, that was fine. One hour and forty-five minutes later we sat at CP one, crouching in what shade we could find and I felt utterly bewildered. It had taken a huge effort to reach the CP. The sand had been soft as expected and we had been subjected to the first of many sand dunes but the overall effort of moving had been considerable and nothing had prepared me for that. Admittedly, as much as I had thought I wasn't overly confident, cocky or blasé, I now knew that I had been. How the mighty fall. The Sun God was in a foul mood and was letting his presence be felt. I refilled my water bladder and drank deeply from the bottle, not

wanting to leave a drop. My mind raced as I considered the situation and I had to admit, but not out loud, I was feeling destroyed both mentally and physically. It was barely nine o'clock on the first day and I knew this would be epic. I looked at Ryan assessing his condition, he looked better than I felt. In fact, he looked pretty cheerful. We listened to the people around us and I took some solace from what I heard. Everyone seemed concerned and I was not being weak. After a quick chat with Ryan we decided to do the next six miles to CP two together and as fast as we could.

The sand continued to suck the strength from our legs and the going was hard, the temperature continued to rise and we felt a great relief as we approached CP two. The CP was a small mud house with two rooms. We discovered people sprawled all over taking up any available shade and realised straight away how bad the situation was. Exhausted competitors lay in the shade, their eyes closed and arms spread wide while others gulped water and electrolyte drinks. We quickly found a small area of shade and we sat in companionable silence as we prepared our water for the next leg. We were half way through day one and were speechless; I did laugh out loud a few times at the sheer stupidity of it all and was pleased I had Ryan for company. We had slipped into a well working partnership - offering encouragement to each other when it was needed and reminding each other about fluid and food intake. We also started to grade the level of sand and quickly separated it into three distinctive types: soft, soft and shit and the desired but all too elusive hard. "How's the sand over there mate?" Ryan would ask, "Sh*t" I replied, "you?" "Soft and sh*t" He would then traverse the soft and sh*t sand in a hope to get to my just sh*t sand.

The day continued to be a trial but we managed to keep going and not spend too long at the next CP. The sooner we finished the more rest we would have for the next day. The hours passed slowly as we marched and occasionally pushed for a run. In the end the effort of running just didn't match the time and distance gained and we settled back into tabbing anything that was not down. Hours passed and we slowly reeled in the guy in front. We crested a small hill of rock and

sand and could see the man we had been catching for the last hour suddenly sit down. There was no shade to cover him and no CP in sight! He just sat down. As we approached we asked if he was ok. "Fine", He responded, "I'm waiting for the bus". We carried on without stopping but gave him a thumb's up and a score out of ten for his canny reply and good humour. Moments later a 4x4 passed us and stopped at the man we had just passed. A conversation took place with much gesticulation in our direction and we scrutinised the landscape ahead.

We decided based on our speed and time that the finish must be up ahead and not far. After ten minutes we looked back again; the guy and the 4x4 was gone. We discovered later that he had decided to drop out, enough was enough. We pushed hard after that focused on the days end. When we arrived at the final CP and the overnight camp we quickly collapsed into waiting chairs and were given bottles of cool water. We drank a bottle each quickly interspersed with big cheesy grins and saying to the staff how it hadn't been too hard. We had made it through day one. However, we soon discovered that at least ten people had dropped out or had been pulled from the race for medical reasons. One well-seasoned ultra runner was found in a bad way shuffling towards CP three. He had been unable to answer questions coherently and was taken to hospital. It was reported that the last thing he was heard shouting as they bundled him into a vehicle was, "I'll be back". An inspiring attitude, considering he was over seventy years old.





Perth Ultra Fest 24 Hour Race 2010

Chris Carver

Training for this race began about two weeks after arriving home from the World Championships in Brive. Right from day one I was determined to run better than I had in France and thus I set about training and planning with a renewed vigour and enthusiasm. I also knew I had to achieve at least 236k to be certain of selection for next year's World Championships in Brugg.

Over the summer months training went very well indeed and my confidence was growing with each passing week. Early morning long runs were a joy during the warm months of June, July and August. Coming through a crash training week unscathed (35 hours of training – mostly quality stuff) followed by an 18 minute 5k showed me that I was in fabulous shape. All I had to do now was spend 24 hours in Perth proving it.

Also for this race I decided to experiment with a couple of new ideas:

1. Caffeine – I decided not to abstain for my usual three weeks so that I could make a proper comparison,
2. Beetroot juice – if you've been following my blog you'll have noticed that in the week before the race I was drinking 500ml per day of beetroot juice. Apparently the high nitrate content does wonders for endurance.

The five and a half hour train journey north on the day before the race was uneventful but served well in the relaxation stakes.

Later that afternoon I decided to check out the course and after walking about three-quarters of the way around, anti clockwise, I came across Alan Young who promptly told me I would be running clockwise. Up the short steep hill, not down it. Still, I figured it was a very good course and if the weather were good too I would do very well. Jokingly I asked Alan who he thought would win and with half a wink and a nod I knew he meant me ... I was confident of running

well over 236k but in my mind this never translated into positions. Thinking on my feet for a second or two I thought Richard Quennell and Stephen Mason w

In 24-hour races though, I never set out with a final position in mind. I always have a target distance and hourly splits to help me along the way and I try not to get caught up in racing but to always stick to my plan until such time that I feel I can increase my pace for the remainder of the race without bonking. My philosophy regarding these races has always been: "I'm going to run such and such a distance, if you want to beat me you'll have to run further."

I had decided that my three targets for this race should be 239k (148.5 miles), 236k (146.6 miles) and 231.6k (143.9 miles). The middle of these was the standard needed to secure a place on the UK team for this year's World 24 Hour Championships, the lesser of those three was my current personal best (set at last year's Commonwealth Championships). I knew that I would have to run badly in Perth not to come away with another personal best... still, lots could go wrong in 24 hours. In the week leading up to the race I had worked out what my hourly splits should be and what my lap times ought to be in order to achieve those distances. I only used 236k and 239k for this.

Woke early, showered and dressed, then ventured downstairs for breakfast hoping it would be better than yesterday's dinner. It was. Lots of buffet food and cooked food too if required. The usual coffee, croissants, toast, coffee, fruit, muesli, potato cakes and more coffee put a smile on my face as we chatted amongst ourselves and prepared for the hard day's racing to come. Also had the last of my seven-day's supply of beetroot juice.

Then it was time to change and travel to the North Inch Circuit – found our way without problem and arrived with just over an hour to go before start time.

This hour was a very strange time ... everything seemed to pass very slowly but I was full of energy and 'bouncing off the walls' almost. Confident ... happy ... nervous ... relaxed ... talking to other runners and crew ... giving the Scottish, twins Fiona and Pauline, a big hug each (they know why !!!) ... all this and more. I just wanted to run because somehow I could sense that it was going to be my day.

(left: Fiona Rennie and Pauline Walker by David Beau chop - www.roadrunpics.com)

A couple of last minute things to attend to (1) find a pretty woman to put my hair in a pony tail ... ah ... Angie Sadler, of course (2) the sun was coming out now so on went my sunglasses.

And then we were off – 28 people running into the unknown. My initial plan was to run each lap between 11:31 and 11:38 (about 7:50 per mile) for the first hour or so then take a 10 minute walking break. Initially Paul Hart (Scotland) took the lead but before the end of the first 2.38k lap I had passed him. As I said earlier though positions were totally irrelevant to me at this point

(photo below by Phil Sadler)



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– all I wanted was to run at my planned pace. The first lap was about ten seconds slow but it didn't matter, I had plenty of time to claw that back. On the second lap I was passed by Mark Green but I totally ignored him and concentrated on running just under 7:50 per mile. And it felt ridiculously easy in the warm sunshine.

I also knew that most runners take walking breaks, and everyone stops for a pee once in a while, so it's easy to overtake someone and neither runner realize. And the two runners may be on different laps anyway, making it even more confusing.

Paul Hart passed me whilst I was taking my first walking break and for many hours afterwards I had no idea at all about positions. For the second hour I wanted to run each lap somewhere between 11:39 and 11:46 (about 7:55 per mile). By now I was beginning to settle into a familiar routine of running each lap close to the faster of my two target times – no problem.

I had hourly splits written down and these were with Eleanor Robinson (my crew) along with a list of food/drink to give me and at what time. Because no one was telling me whether I was making these hourly splits I just assumed I was on target so continued running to my lap times.

Third hour target – between 11:46 and

(Photo by Alan Young)



11:54 per lap (about 8:00 per mile)
Fourth hour target – between 11:54 and 12:02 per lap (about 8:05 per mile)
Fifth hour target – between 12:02 and 12:10 per lap (about 8:11 per mile)
Sixth hour target – between 12:10 and 12:19 per lap (about 8:17 per mile)
Seventh hour target – between 12:18 and 12:28 per lap (about 8:22 per mile)
Eighth hour target – between 12:27 and 12:37 per lap (about 8:28 per mile)
Ninth hour target – between 12:35 and 12:46 per lap (about 8:35 per mile)

As the afternoon turned into evening I was increasingly aware of an ache at the back of my left shoulder. It has happened in all my long ultras and I have been doing specific weight training to try and rectify the weakness in that part of my body. It is better than it used to be but I was beginning to be aware that at some point during this race I would need the services of Physio David Bryant. Sooner than expected as it happens.

As I was rounding the final bend on my last lap before completing nine hours I stepped awkwardly on the edge of the path and a pain shot through my right knee. It didn't stop me running but the final 400m or so of that lap were uncomfortable. I had a dull ache just above my knee and I wanted it sorted – now. I sat down and David got to work whilst I had some food and a cup of coffee (thanks Eleanor) ... and two ibuprofen.

A few minutes later I was off again, walking at first then running as usual. The ache hadn't gone by any means but it was much better and I was confident I could run it off now. But now the local teenagers were beginning to gather on the darker parts of the course (the usual meeting place for 13 to 18 year old Perth youths apparently). Lots of fun and games were to be had over the next few hours as they found it amusing to play with the temporary lights along the course. The problem was that they thought it a good idea to remove them before playing their games.

I was still running to my target times though without any problems whatsoever:

Tenth hour target – between 12:44 and 12:55 per lap (about 8:40 per mile)
Eleventh hour target – between 12:53 and 13:05 per lap (about 8:46 per mile)
Twelfth hour target – between 13:03 and 13:15 per lap (about 8:53 per mile)

My shoulder was still aching but about three-quarters of the way round the last circuit of the first half of the race one of the teenagers shot out in front of me. I couldn't avoid him, we collided and I almost fell to the ground wrenching my shoulder in the process. Ouch. Whether he did that on purpose or accidentally I'll never know but the effect was the same.

Managed to get angrily around to the England tent where David and Eleanor worked their magic and the race director (Adrian Stott) and others enquired as to what had happened. After five or six minutes the anger and pain was beginning to subside so I asked how I was doing in relation to my hourly splits:

"Perfectly on target" Richard Brown, who was crewing for his wife Sandra, told me.

Thirteenth hour target – between 13:12 and 13:25 per lap (about 9:00 per mile)

Fourteenth hour target – between 13:22 and 13:35 per lap (about 9:06 per mile)

At about midnight I began to feel a bit queasy so took a couple of small pieces of crystallized ginger instead of my usual food. Things quickly settled

down but from that point on I decided to eat less food and for the final nine or ten hours I probably took on board no more than about 50g carbohydrate per hour compared to 60-65g per hour in the first half of the race.

Fifteenth hour target – between 13:32 and 13:46 per lap (about 9:13 per mile)

Sixteenth hour target – between 13:42 and 13:57 per lap (about 9:21 per mile)

During the sixteenth hour my right knee and left shoulder were beginning to ache again. From previous races I had become used to minor shoulder trouble but my knee – although still very minor – needed checking over before it became serious. At about 2 o'clock on Sunday morning I went into the pit lane for more work on my knee. Whilst David was working Eleanor mentioned that I was catching the leader. Wow, that was a big shock to the system. But a good one because it got me focused again on the task in hand and I began concentrating once more on my split times.

Seventeenth hour target – between 13:52 and 14:08 per lap (about 9:28 per mile)

Eighteenth hour target – between 14:03 and 14:20 per lap (about 9:35 per mile)

At about this time I remember thinking that it wouldn't be long now before dawn. September, Scotland, 4.00am ... no chance but my mind was now playing tricks; maybe getting me ready for the final few hours push after daybreak (about 6.30am). Just after eighteen hours into the race I passed the long time leader, Paul Hart. I immediately began a ten-minute planned walking break during which Paul retook the lead. No panic, it was plainly obvious that on average I was moving a lot quicker than he was. I passed him again a lap and a half later but still I wanted no more than to run to my planned split times.

Just before dawn arrived I realized I needed an extra boost. The soles of my feet were aching badly by now and with each passing hour they were getting ever worse. I suppose that's one of the perils of being a heavy-footed ultra runner – shoes almost never have enough cushioning. I decided to stick with it for as long as I could but maybe some music would help take my mind off things a little. I can't remember exactly when I put on my headphones but the MP3 player stopped after only two songs. Great, I thought, with a little chuckle to myself.

Handed it back for a change of battery and picked it up again next time round. The songs did help and were a distraction but eventually the music

stopped again. I didn't bother with a third battery. The choice of songs, for me, was more about keeping my flagging spirits high so I had a mixture of stuff that reminded me of Fay and home and also stuff that I could relate to 24 hr races [e.g. Nothing Is Easy by Jethro Tull, All Night Long by Rainbow – just my strange sense of humour]

Nineteenth hour target – between 14:14 and 14:32 per lap (about 9:43 per mile)

Twentieth hour target – between 14:25 and 14:44 per lap (about 9:51 per mile)

Twenty first hour target – between 14:37 and 14:56 per lap (about 9:59 per mile)

With only three hours to go I really did need new shoes and socks ... for the fresh

cushioning if nothing else. I sat down and Andy Smith explained that I'd probably lose about a kilometre if I changed my shoes. "Go for it" I said whilst thinking to myself that I'd probably lose two or three if I kept these shoes on. Soon I was off again, walked for 300 – 400m then broke into a jog that soon became a run.

No blisters though. The twin skin socks supplied by Hilly Clothing had done their job remarkably well.

For these last three hours I wasn't clock watching at all. I was just going round and round as quickly as I could but trying not to go so fast that I'd be reduced to a permanent walk before the end. Still, each hour followed the same pattern of ten minutes walking followed by fifty minutes running and one of the most pleasing things about this race is that I stuck to that, no matter what, right to the



Photo by Alan Young

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very end.

Twenty second hour target – between 14:49 and 15:09 per lap (about 10:08 per mile)

Twenty third hour target – between 15:01 and 15:23 per lap (about 10:16 per mile)

Final hour target – between 15:13 and 15:36 per lap (about 10:25 per mile)

With about 90 minutes (?) to go Eleanor said to me that Pat Robbins was closing quickly. At this point I was so far in front that as long as I kept running I'd win – but I didn't know that. I thought he was literally breathing down my neck and this really gave me a kick up the backside. I really started to dig deep at that point and concentrate on maintaining form for the remainder of the race.

I knew I was going to be over my personal best by quite a long way and I also knew that Pat's best was 215km. I thought to myself that if I've already covered 230km then Pat must have improved by an amazing amount. Into the final hour and Pat came thundering past, he was obviously tired but was moving much faster than me and I was still worried about him catching me.

In this final hour the entire England crew were urging me on every time I passed them and I knew I had to run hard to make all their efforts worthwhile.

About twenty minutes before the end a race official gave me a marker that I had to use to indicate where I was when the final hooter sounded. As I took it I turned to Eleanor and Andy and tried to say to them that if I was at the far end of the circuit I wouldn't hear the hooter (slight hearing impediment as a result of chemotherapy twenty years ago). They probably thought I was going to tell them I couldn't run anymore, so they screamed at me to get another lap done. So I ran, dutifully, and about halfway round was met by Eleanor who trailed me ... pushing and cajoling me to finish that final lap. In the end I managed that and almost an extra 300m before the hooter mercifully signalled that I could stop running.

By now my legs were like jelly and although Eleanor gave a big hug I had trouble standing and she had to hold me upright as we made our way back to the England tent. It was obvious that I'd won, I could tell by what everyone was saying and by the general chit-chat ... but I still

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Angie Sadler photo by Alan Young

had no idea of the margin of my victory or my overall distance.

Over an hour passed before I finally found those details. I was in no hurry to find out though, I was quite content to sit with my feet on a chair and let my mind and body slowly come to terms with everything that had happened in the race. In the end I ran 238.286 km in the allotted 24 hours – easily beating my previous best of 231.506 km.

One last thing to mention about the race itself concerns my England team-mate Angie Sadler. Sometime in the last few hours, probably round about dawn, I saw her on the course ahead of me obviously struggling a little. As I passed her I asked if she was OK and the reply was “no” ... I immediately stopped to aid a runner in distress but she told me in no uncertain terms to carry on. I did so and mentioned the situation to the England crew on my way past. A while later (probably a couple of hours) I came across Angie again and this time as I approached she turned to me and asked, “which way do I go?” She had run at least 80 circuits by this time so, once again, I was quite concerned.

Back at the team hotel and up the dreaded steps to our second floor rooms. I showered and changed

before going for a slow walk around town to relax and wind down. I ended up with a cup of coffee somewhere but began to nod off whilst drinking so I slowly returned to the hotel where I spent a while talking to Norman Wilson before returning to my room.

During dinner talk turned inevitably to the race and various aspects of it. I was too tired to converse really but Eleanor and Dawn (crewing for Richard Quennell) seemed to believe that my nutrition is all wrong. In a nutshell I have too much sweet stuff and not enough savoury stuff. All I can say at the moment is that it obviously works for me

but I'm always willing to listen to other people, especially if they can suggest ways in which I can improve.

By 9.00pm I was falling asleep again so I said my goodnights and headed off upstairs for some much-needed sleep.

Woke up at 8.00am and quickly showered and dressed before breakfast, which was a fairly subdued affair as everyone was still tired and aching after the race. People were slowly beginning to drift off now on their way to catch trains or to begin the long drive south. My train was due to leave at noon so

I decided to take a walk to a nice little coffee shop I had found near the North Inch Circuit on Friday afternoon. On my way there I came across William Sichel outside a café (coincidence – honest !!!) and we spent 30 or 40 minutes pleasantly chatting over a drink.

Eventually I made my way to the train station for the long journey back to Yorkshire.

On that journey I decided that both beetroot juice and coffee had both played a part in my large pb. The former quite possibly because of the recently unearthed study showing that it's high nitrate content helps endurance athletes, the latter ... I'm not sure why but for my future races I'll do the same again and not abstain from caffeine.

And drink 500ml beetroot juice per day for seven days before the race.

WHO TO BLAME THANK:

Fay and Keir for their unwavering support, often in the face of my rather strange behaviour.

Norman Wilson and the selectors (of course).

Eleanor for passing me food and drink as required and doing a brilliant job (along with Andy Smith) of somehow making me run faster during the final, painful, few hours.

Adrian Stott for organising such a brilliant race, and Alan Young for finding such a wonderful circuit (and offering his usual mix of wisdom and support as and when needed).

David Bryant for continually putting me back together.

Pat, Vicky, Angie and all the other runners and crew from the England squad (especially my lucky pony tail monitor).

My sponsors: www.fitnessfootwear.com (Adam Smith) and Hilly Clothing (Thomas Coxon) for the essential shoes and socks ...

Jim Rogers for alerting me to the benefits of beetroot juice.

... and to Fiona and Pauline for the pre race hug – I hope everything works out fine for you and your family in the end.

Perth Ultra Fest Saturday 4th/5th September 2010

24hours Race

| Pos | Name | Club/Country | Cat | Distance km | |
|-----|--------------------|------------------------------|-----|-------------|--|
| 1 | Christopher Carver | England /Otley | M45 | 238.286 | |
| 2 | Pat Robbins | England /Zoom Tri Club | M35 | 231.086 | |
| 3 | Paul Hart | Scotland /Dumfries RC | M40 | 228.372 | |
| 4 | Angela Sadler | England /Tewksbury | W50 | 205.984 | |
| 5 | Vicky Skelton | England /North Devon RR | W40 | 200.478 | |
| 6 | Chris Finill | England /Harrow AC | M50 | 200.282 | |
| 7 | William Sichel | Scotland /Orkney | M55 | 191.781 | |
| 8 | Andre Reibig | Stirling Triathlon Club | M40 | 185.446 | |
| 9 | Aileen Scott | Scotland /Clydesdale H | W35 | 177.157 | |
| 10 | Sandra Brown | England /Surrey WC | W60 | 175.055 | |
| 11 | Andrew Lochhead | Unattached | M20 | 174.435 | |
| 12 | Fiona Rennie | Scotland /Carnegie H | W45 | 170.452 | |
| 13 | Ian Beattie | Strathearn Harriers | M40 | 169.838 | |
| 14 | Chris Renton | Fetch Everyone | M45 | 161.908 | |
| 15 | John McLean | Arbroath & D AC | M40 | 143.380 | |
| 16 | Lorna McLean | Arbroath & D AC | F35 | 138.618 | |
| 17 | Adrian McDermott | Unattached | M35 | 138.431 | |
| 18 | Garfield Jones | Lslwyn RC | M55 | 135.838 | |
| 19 | David Nicholson | Dundee Hawkhill Harriers | M55 | 131.761 | |
| 20 | Jane Macaskill | Metro Aberdeen RCF50 | | 131.108 | |
| 21 | Robert Kinnard | Portobello RC | M40 | 124.021 | |
| 22 | Ray McCurdy | 100 Marathon Club | M55 | 117.020 | |
| 23 | Mark Green | Unattached | M55 | 104.764 | |
| 24 | Sharon Gayter | England /North York Moors AC | W45 | 102.383 | |
| 25 | Stephen Mason | Scotland /Dundee Hawkhill | M40 | 100.002 | |
| 26 | David Cowan | Lomond Hill Runners | M45 | 83.335 | |
| 27 | Paul Houston | Harmeny AC | M25 | 73.811 | |
| 28 | Richard Quennell | England /Rugby & Northampton | M40 | 66.668 | |

National Teams 2 to score by distance

| Men | | | Women | | |
|-----|----------|-----------|-------|----------|-----------|
| 1 | England | 469.354km | 1 | England | 406.462km |
| 2 | Scotland | 420.153km | 2 | Scotland | 347.609km |

Photo by Alan Young



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- * 15 Person Teams

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www.beneluxrun.eu

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Ten Record Haul For Sichel In French 48 Hour Event

Photos courtesy Alan Young

Orkney-based ultrarunner, 57 year old William Sichel ended his 2010 season with 2nd place overall in the inaugural "Ultra Indoor Normand" 48 Hour race, in Evreux, near Paris last week.

Running 202.92 miles, in the non-stop 48 hour event, William will be claiming ten indoor age-group records including a World record at 12 hours and various British and Scottish age-group records at 100 miles, 24 hours, 200 miles and 48 hours.

records, at World, British and Scottish level, including age-groups, before his 60th birthday on October 1st 2013.

William has currently set 32 records since starting the sport in 1994. Records cover distances ranging from 100 miles to 1000 miles. He has to almost double this record total in 3 years.

"I admit it's an incredible target and will be very difficult to achieve, but I've always been motivated by tough challenges and this one really excites me. The 'jewel in the crown' would be Scotland's oldest athletics record set by George Noremac, in New York in 1882 – he ran 567 miles in a 6 day race – that's stood for 128 years so far!"

Full race results are available:
www.ultraindoornormand.com

Recent Events

William has set multiple ultra distance records at World, British and Scottish level including age group, classic events and Guinness World Treadmill records. In the Athens 1000 Mile World Cup race held in March 2010 William was runner-up in an age-group world record of 13 days 20 hours, 8 minutes and 1 second.

William became the oldest British person ever to have completed a 1000 miles in under 16 days. He also set intermediate age-group world records at 6 Days and 1000 kms. The last time a British male runner completed a 1000 mile race, in under 16 days was in 1991.

When William ran his best 6 Day distance, in 2008, he covered almost 90 miles a day for six days.

Part of an invited field of 20 runners, William was delighted with his performance in this unusual indoor event, run on a small 160 metre lap course.

"I thought this unusual type of event might suit me as I'm a rhythm runner, with a very steady economical stride. I pressed hard to win the event outright but couldn't quite do it on the day. I'm delighted to have set more records over a variety of distances and times. It sets benchmarks of performance for future generations as well as for me."

The race was won by Frenchman Christophe Laborie who covered 218.93 miles.

At the beginning of October William announced an ambitious target for the next 3 years of ultra distance competition, **Project 60 @ 60** in which he will attempt to have set 60 ultra distance



William was treated for testicular cancer in 1997 (surgery and radiotherapy) but came back to win the World Masters 100km Championships the following year. William is a member of the Orkney Athletic Club and in November 2006 and May 2010 was honoured by the Orkney Islands Council for "outstanding achievements in sport".

With his wife, Elizabeth, he runs the Orkney Angora (hand dyed knitting wool and thermal clothing) mail order business in Sanday, Orkney.

Although born in the Northamptonshire village of Welford and brought up in the south east of England, William has lived in the Orkney island of Sanday since 1982. William's father was born in Kelvinside, Glasgow before moving south at a young age.

Running CV

William started ultra running in 1994. He has won his debuts in the 100km, 24 Hour, 72 Hours, 6 Day and 7 Day events. He has won international events in the UK (5 times), Netherlands, USA (twice), Switzerland, Monaco (twice), Greece and Germany. He is currently unbeaten in 3, 6 and 7 day events.

William's Personal Bests

- Marathon: 2:38:17 (1995)
- 100km: 7:07:49 (1996)
- 12hr: Track 141.50km/87.92 miles (2001)
- 24hr(Road): 246.70km/153.30M (2000)
- 24hr (Track): 202.00km/125.52M (1996)
- 48hr (Indoor): 344.267km/213.92 miles (2007) Scottish Record
- 48hr (Track): 340.80km/211.76M (2008)
- 48hr (Road): 329.710kms/204.87 miles (2007)
- Six Days(Road): 809.230km/502.8 miles (2007)
- Six Days(Track): 857.07km/532.56 miles (2008)

- 1000kms (Road): 7days, 23hours, 45minutes, 43seconds (2010)
- 1000 Miles (Road): 13days, 20hours, 8minutes, 1second (2010)
- Badwater: 31hrs 36mins 12secs British Record (2006)
- Spartathlon: 29hrs 01mins 29secs Scottish record (2007)

Athens International Ultramarathon Festival – 1000 Miles World Cup. Runner-up with 13d, 20h, 8m, 1s. Three World Age-Group records at 6 Days, 1000kms and 1000 Miles.

Athens International Ultramarathon Festival 7 Day, Outright winner. World Age Best for 6 Days (Road) 751km/466.65 miles (2009)

"Across the Years" 72 Hour race, Phoenix, Arizona, USA. Outright winner with 269.364 miles/433.50 kms. (2009) Hamm Six Day Track Race, Germany. Outright winner, P.B., British Record (M50), Scottish Track record and All-Time Scottish record (Modern) – 857.07km/532.56 miles (2008). "World 48hr Championships", Surgeres, France. 5th overall (M50 1st). Track P.B. (2008). World No.3 for the Six Day event with outright win and course record in Monaco Six Day race -809.230km/502.8 miles (2007)

Scottish event record in the world's longest point-to-point race – the 153 mile "Spartathlon" in Greece (2007) Scottish Record 48 Hour 344.267km/213.92 miles (2007) World No1 for the Six Day event with 770.247km/478.60 miles, Monaco course record (2006) British event

record in the 29th running of the "World's Hottest Race" the Badwater Ultramarathon 31hrs 36mins 12secs (2006)

Scottish event record in the world's longest point-to-point race – the 153 mile "Spartathlon" in Greece 33hrs 14mins 20secs (2005)

"Across the Years" 24hr, Phoenix, Arizona, outright winner (2005) World 24Hr Championships Age-Group Silver (2004) Guinness World Records (treadmill) 100 miles & 24hrs (2002) World 24hr ranking No12 (1998 & 2000)

Basel 24 Hr, Switzerland, outright winner (2000)

British 100km Champion (1999) Masters World 100km Champion (1998).

European 100km Championships: Team bronze medal (1997) Scottish 100km Champion (1994) Represented Great Britain 11 times since 1996:100km team x 8 & 24hr team x 3

William is grateful to current sponsors Loganair and myProtein

For all enquiries please contact Claire MacDonald at Red Sky Management: claire@redskymanagement.co.uk Tel: 0845 200 7820 <http://www.williamsichel.co.uk/>



Autobiography of Guisborough's Ultra Distance Runner

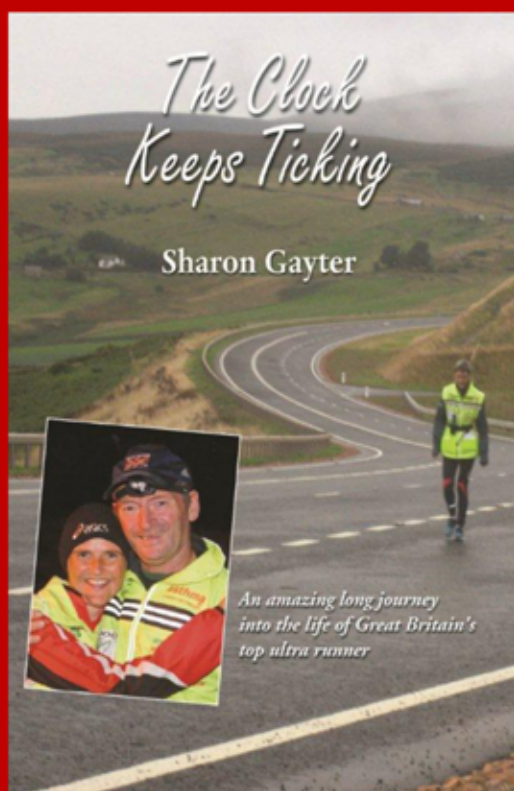
**OUT
NOW**

On 15th September 2006, Sharon Gayter's long standing dream to break the Guinness World Record by running from Land's End to John O'Groats came true; 837 miles in 12 days, 16 hours and 22 minutes.

Sharon describes living life to the full, by setting and achieving goals, from a bus driver to a university lecturer, from barely running a mile without collapsing exhausted to running the length of the country, from remoteness in Libya to the heat across Death Valley, from the mountains of the Alps to the flatness of the track. In 2009 Sharon became the Commonwealth Champion, running 140 miles in 24 hours. Only three women in the world ran better that year.

This is an incredibly inspiring journey. You will feel you have run every step and have blisters on your toes, whether you are a runner or not! Having represented her country for 17 years at what has to be the toughest sport in UK Athletics', she will take you on an amazing journey like no other while the clock continues to tick, tick, tick.....

"Sharon is a good friend and an amazing athlete, with an incredible dedication and strength of spirit. Her story is a truly inspiring read."
Baroness Grey-Thompson DBE,
Paralympian



Book Signings:

Saturday 15th January, Parkrun, Newcastle (8-10am)
Sunday 23rd January, York Race Course, (9am-1pm)
Saturday 12th February, Newcastle Cricket Club (7:30-11pm)
Sunday 13th February, Loftus Leisure Centre (10am-1pm)
Sunday 12th June, Guisborough Town Fair (1-3pm)

For an updated list please visit: www.sharongayter.com

"If I could run as well as you can write, then I'd be breaking records too."
Sharon Griffiths, *The Northern Echo*

Further information on availability at www.sharongayter.com

The 2011 Ultrarunning Calendar

Photo by Alan Young

Ultrarunning World Calendar

This list covers the major longer ultras and multadays. There are many more 50 milers and 50 km races especially in the US not included here in this first listing.

If you would like to see a race added here please send email to: mail@ultrarunningworld.co.uk. Likewise any errors - please drop me a note as you will be helping others.

| | | | | | |
|-----------|-----|-------------------|-----------------------------|----------------------|--|
| 1/1/2011 | ENG | 30 miles | Hardmoors 30 | Ravenscar | Hardmoors110.org.uk |
| 1/7/2011 | IRE | 55 km | Art O'Neil Challenge | Dublin Castle | www.artoneillchallenge.com/ |
| 1/7/2011 | USA | 190 miles | Ragnar Florida Central | Relay | www.ragnarrelay.com |
| 1/8/2011 | ENG | 28 miles | The 27th Tandem | N York Moors | www.ldwa.org.uk/cleveland |
| 1/8/2011 | DEN | 24 hours | 2.Aarhus Indoor Run | Aarhus | www.duul.dk |
| 1/9/2011 | ENG | 30 miles | Winter Tanners 30 | Leatherhead | Winter Tanners 30 |
| 1/15/2011 | ENG | 45 miles | Country to Capital | Wendover | www.gobeyondultras.co.uk |
| 1/15/2011 | USA | 100 m/100 km | H.U.R.T. | Honolulu, HI | http://www.hurt100trailrace.com/ |
| 1/22/2011 | ENG | 45/90 miles | ULTRArace.45/90 | Northampton | www.ultrarace.co.uk/ |
| 1/22/2011 | MRT | 100 miles | Grand Raid du Sahara | Stage | Raid Sahara.com |
| 1/22/2011 | USA | 100/50 miles | Long Haul | Wesley Chapel, FL | http://longhaul100.wordpress.com/ |
| 1/23/2011 | ENG | 50 km | Gloucester 50km | Boddington | www.beyondthelimitations.co.uk/ |
| 1/29/2011 | ENG | 50 miles | Frostbite 50 | Whitby Abbey, Yorks | www.adventurehub.com |
| 1/29/2011 | FIN | 24 hours | Endurance 24 hr Run | Espoo | arto@endurance.fi |
| 1/29/2011 | CRI | 225 | The Coastal Challenge | Stage | Coastal Challenge |
| 1/30/2011 | ENG | 47 miles | Pennine Bridleway Relay | Waterfoot Rossendale | Rossendale Harriers |
| 1/30/2011 | ENG | 32 miles | Wilmot Wander | Chaddesden | www.ldwa.org.uk |
| 1/31/2011 | USA | 135 miles | Arrowhead | Non-Stop | Arrowheadultra.com |
| 2/2/2011 | EGY | 100 km | La Piste des Oasis | Stage | La piste des oasis.info |
| 2/5/2011 | ENG | 50 miles | Thames Trot | Oxford | Gobeyondultra.co.uk |
| 2/5/2011 | SWE | 6 hours | 6 hours Karlstad | | http://www.ifgota.se/arr.jsp# |
| 2/5/2011 | ENG | 2 x 33 miles | Pilgrim Challenge | Farnham | Xnrg.co.uk/ |
| 2/5/2011 | USA | 100/50 miles | Rocky Raccoon Trail Runs | Huntsville, TX | www.tejatrails.com |
| 2/5/2011 | FRA | 46 km | Extrme Trail 46 km | Grand-Brassac | http://www.gipsaventure.fr/ |
| 2/6/2011 | CAN | 430,300,100 miles | Yukon Arctic Ultra | Non-Stop | Arcticultra.de |
| 2/7/2011 | RSA | 270 km | Wild Coast Ultra | Stage | www.davestrailrunning.co.za/ |
| 2/12/2011 | USA | 24 hours | Beast of Burden 24/100 mile | | www.winter100.com |
| 2/13/2011 | ENG | 30 miles | Punchbowl Marathon | Witley | LWDA.surrey.co.uk/ |
| 2/13/2011 | SEN | 220 km | Saint- Louis Dakar | Non-Stop | www.extreme-runner.com |
| 2/13/2011 | USA | 50/25 km | Fishline | Port Gamble | www.rootsrockrun.com/ |
| 2/19/2011 | ENG | 34 miles | CTS South Devon | Prawle Point | http://endurancelife.com |
| 2/19/2011 | ENG | 32miles | Moonlight Challenge | Marshside, Kent | www.50milechallenge.co.uk |
| 2/19/2011 | LIB | 190 km | The Libyan Challenge | Stage | Libyan Challenge |
| 2/19/2011 | GUF | 270 km | La Transaharianna | Stage | Raid Sahara.com |
| 2/19/2011 | USA | 100 miles/50 k | Susitna | Big Lake, AK | http://www.susitna100.com/ |
| 2/19/2011 | USA | 100m/100km/50m | Iron Horse | Orange Park, FL | www.ironhorse100kmclub.com/ |
| 2/19/2011 | NZL | 155/100/50k | Great Lake Relay | Taupo | http://www.relay.co.nz/ |
| 2/20/2011 | ENG | 50 km | London 50 km | Streatham | www.ultrarace.co.uk/ |
| 2/25/2011 | USA | 202 m | Ragnar Relay Del Sol | Relay | Ragnar Relay.com |
| 2/25/2011 | GER | 100 miles | Run2kill | Hildesheim | http://www.run2kill.de/ |
| 2/25/2011 | RZA | 106 km | Three Cranes Challenge | Karkloof | http://www.3craneschallenge.co.za/ |

Ultrarunning World Calendar

| | | | | | |
|-----------|-----|-------------------|--------------------------------|-------------------------|--|
| 2/26/2011 | ENG | 51miles | Winter Poppyline | Cromer, Norfolk | www.ldwa.org.uk |
| 2/26/2011 | NOR | 12 hours/100 km | Bislett 12-hours | Bislett Stadium | http://www.spiridon.no/ |
| 2/27/2011 | WAL | 40 miles | Barry 40 | Barry | Les Croupiers |
| 2/27/2011 | NLD | 50 km | Yours Truly 50K | | http://www.dfwrnners.nl |
| 2/27/2011 | EGY | 100 km | Le Dsert Blanc | Stage | La piste des oasis.info |
| 2/27/2011 | CHI | 250 km | Atacama Crossing | Stage | 4deserts.com/atacamacrossing |
| 3/2/2011 | NPL | 50/40/20 km | Kanchenjunga | Kanchenjunga Region | http://www.reachsummit.com/ |
| 3/4/2011 | ENG | 40+ | High Peak Marathon (Team) | Edale | The High Peak |
| 3/4/2011 | USA | 24 hours | Rouge-Orleans 126 miles | | www.rougeorleans.com |
| 3/4/2011 | ESP | 123 km | TransGranCanaria | Stage | http://www.transgrancanaria.net/ |
| 3/4/2011 | ESP | 96 km | TransGranCanaria Sur-Norte | Stage | http://www.transgrancanaria.net/ |
| 3/5/2011 | ENG | 29.3 miles | ULTRArace Grantham | Cotgrave | www.runnersworld.co.uk |
| 3/5/2011 | USA | 100M/50M/50k | GUTS Reactor Run | Dawsonville, GA | http://www.getguts.com/e-grr.shtml |
| 3/6/2011 | ENG | 30 miles | Giants Daughter | Broadwey, Weymouth | www.btinternet.com/~hardy.annual/ |
| 3/6/2011 | TUN | 100 km | 100km del Sahara | Stage | 100kmdelsahara.com |
| 3/11/2011 | USA | 150 km | 3 days of Syllamo | Stage | Syllamo.org |
| 3/12/2011 | ENG | 33 | Wuthering Hike | Ingleton | KCAC.co.uk |
| 3/12/2011 | WAL | 50miles | Wye Valley | Plynlimon | www.mightcontainnuts.com |
| 3/12/2011 | SWE | 6 hours | 6 hours Skvde | | http://www4.idrottonline.s |
| 3/12/2011 | ARG | 350 km | Raid Patagonie Antarctic | Stage | www.raidsahara.com |
| 3/13/2011 | ENG | 33 | Deeside Way D33 | Aberdeen | Deesidewayultra.com |
| 3/13/2011 | NLD | 6 hours | International 6 Hour Ultrarace | | http://www.ultralooptstein.nl/ |
| 3/13/2011 | GUY | 150 km | Raid Amazonie | Stage | Extreme-runner.com |
| 3/17/2011 | HUN | 195 km | Balaton Szupermarathon | Stage | http://www.budapestmarathon.com |
| 3/18/2011 | USA | 24/12 hours | Howard Aslinger 24/12/1 | | Howardaslingerfoundation.org/ |
| 3/18/2011 | CAN | 350/120 m | 6633 Ultra | Non-Stop | 6633Ultra.com |
| 3/18/2011 | USA | 100m/100k | Coyote 2 Moons | Ojai, CA | http://coyotetwomoon.com/ |
| 3/19/2011 | ENG | 55 miles | Hardmoors 55 | Helmsley, North Yorks | hardmoors110.org.uk/ |
| 3/19/2011 | USA | 24 hours | Pacific Rim One Day | Longview, WA | Fred (360)749-4372 |
| 3/19/2011 | AUS | 100 miles & relay | Mind Alpine Sky Run | Bogong Nat. Pk, Vic | http://www.mindaustalia.org.au |
| 3/19/2011 | USA | 100m/100 km + | New Jersey Ultra Festival | Long Valley NJ | sites.google.com/site/njtrailseries |
| 3/20/2011 | ENG | 12 Hour | Wiggle Lightning 12 | Eastnor Castle, Ledbury | www.provelosupportuk.co.uk |
| 3/25/2011 | ENG | 78 miles | Jurassic Coast | Weymouth | www.votwo.co.uk |
| 3/25/2011 | USA | 100/50M/50/25k | Buffalo Run | Antelope Island, UT | http://www.buffalorun.org/ |
| 3/26/2011 | ENG | 50 miles | Challenge4Charity | Sheffield | www.will4adventure.com |
| 3/26/2011 | IRE | 51 km | Wicklow Way Ultra | Glencullen | www.imra.ie |
| 3/26/2011 | SWE | 75 km | Ursvik Ultra | | http://www.ursvikultra.se/ |
| 3/26/2011 | NZL | 100 miles | Northburn Station | Cromwell, C. Otago | http://northburn100.co.nz/ |
| 3/26/2011 | USA | 100 miles | Moab | Moab, Utah | http://geminiaadventures.com |
| 3/27/2011 | ENG | 27miles | Brighton Trail Marathon | Brighton | www.extremerrunning.org |
| 3/27/2011 | ENG | 30 miles | Chagford Challenge | Chagford, Devon | beehive.thisissexeter.co.uk/ |
| 3/27/2011 | SCO | 100km | UKA 100km Champs. | Perth | www.beyondthelimitations.co.uk/ |
| 3/27/2011 | NAM | 220 km | Namib Desert Challenge | Stage | http://www.kineticcevents.net/ndc/ |
| 4/1/2011 | MOR | 243 km | Marathon Des Sables | Stage | www.darbaroud.com |
| 4/2/2011 | ENG | 6 & 12 Hr | Crawley A.I.M 6 & 12 hour | K2 Leisure Centre | Pam.Storey.co.uk |
| 4/2/2011 | ENG | 45 | The Four Inns Walk | Holmbridge, Pk District | Four Inns Walk.org |
| 4/2/2011 | NLD | 100/80/60 km | Limburg Zwaarste | | http://www.funrunner-heerlen.nl |
| 4/2/2011 | USA | 100 miles | Philadelphia 100 (Fat Ass) | Schuykill Loop | http://philly100.webs.com/ |

Ultrarunning World Calendar

| | | | | | |
|-----------|-----|-------------------|---------------------------|-------------------------|--|
| 4/2/2011 | USA | 100 m/50 m | Umstead | Raleigh, NC | http://www.umstead100.org/ |
| 4/3/2011 | GRE | 1000 km | Athens Ultra Fest | Non-Stop | http://dayrunners.gr/ |
| 4/3/2011 | GRE | 7 day | Athens Ultra Fest | Non-Stop | http://dayrunners.gr/ |
| 4/7/2011 | GRE | 72 hour | Athens Ultra Fest | Non-Stop | http://dayrunners.gr/ |
| 4/8/2011 | GRE | 48 hour | Athens Ultra Fest | Non-Stop | http://dayrunners.gr/ |
| 4/9/2011 | GRE | 24 hour | Athens Ultra Fest | Non-Stop | http://dayrunners.gr/ |
| 4/9/2011 | ENG | 37 | Calderdale Hike | runfurther Ultra Champs | http://www.calderdalehike.org.uk/ |
| 4/9/2011 | SCO | 56 miles | Glasgow-Edinburgh GDEM | Glasgow | www.resoluteevents.co.uk |
| 4/9/2011 | NOR | 100/63 km | Bergen Ultra | | Maratonkarusellen,Bergen Ultra |
| 4/9/2011 | SWE | 100/75/50 miles + | Taby Extreme Challenge | Taby | http://www.colibri.se/TEC/ |
| 4/9/2011 | NLD | 60 km | Castricum Ultraloop | | http://www.funrunner-heerlen.nl |
| 4/9/2011 | FRA | 24 hours | Les 24 heures de Brive | | www.24h-brive.fr/ |
| 4/9/2011 | USA | 100 m + | McNaughtonPark Ultra | Pekin, IL | http://www.potawatomitrailruns.com/ |
| 4/9/2011 | USA | 100m/100k | Zumbro | Wabasha, MN | http://www.zumbro100.com/ |
| 4/9/2011 | USA | 100m/50m/50k+ | Labor of Love | Las Vegas, NV | calicoracing.squarespace.com |
| 4/10/2011 | ENG | 45 | Three Towers Hike | Tilehurst, Reading | www.ldwa.org.uk |
| 4/10/2011 | ENG | 26/35 | Pewsey Downsaround | Alton, East Hamps | www.wiltslwa.co.uk/ |
| 4/10/2011 | IRE | 39 miles | Connemara International | Connemara | Connemarathon.com |
| 4/15/2011 | USA | 200 m | Ragnar Relay So Cal | Relay | Ragnar Relay.com |
| 4/15/2011 | GER | 320 km | Rheinsteig Erlebnislauf | Stage | http://www.laufendhelfen.de |
| 4/16/2011 | ENG | 50 | The Woldsman | Driffeld E. Yorks | http://www.ldwa.org.uk/ |
| 4/16/2011 | ENG | 78 miles | Votwo Oner | Studland Bay | www.votwo.co.uk |
| 4/16/2011 | ENG | 33 miles | CTS Exmoor | Exmoor | Endurancelife.com |
| 4/16/2011 | HUN | 24 hours | Sarvari | | fussunk.gportal.hu/ |
| 4/16/2011 | USA | 24 hours | Virginia Cancer Relay | Hampton, VA | Peninsula track club info |
| 4/16/2011 | USA | 24/12 hours | Fool Moon 24/12 | | www.trailrunevents.com/ |
| 4/16/2011 | AUS | 24 hours | Coburg 24 hour Carnival | Coburg | Coburg Harriers |
| 4/16/2011 | GER | 24 hours | Seilersee 24-Stundenlauf | | Seilersee 24-Stundenlauf |
| 4/16/2011 | USA | 100 m/100 k/50 m | Lumberjack | Pt. Gamble, WA | http://www.rootsrockrun.com/ |
| 4/17/2011 | ENG | 40 miles | Coventry Way | Meriden, Coventry | www.acoventryway.org.uk/ |
| 4/17/2011 | NLD | 65 km | Ultrarun Gilze | | http://www.delotgenoten.nl |
| 4/17/2011 | USA | 24 hours | Lynchs Woods 24 Hour | | ultrasontrails.com/ |
| 4/20/2011 | USA | 10 days | Self-Transcendence 10 day | New York | Sri Chinmoy Races.org |
| 4/22/2011 | SCO | 860 miles | JOGLE | John O Groats | www.ultrarace.co.uk/ |
| 4/23/2011 | ENG | 50 miles | Peatlands Way | Thorne DN8 4AE | www.ldwa.org.uk/ |
| 4/23/2011 | ENG | 40 miles | Compton Challenge | Compton | Compton Harriers |
| 4/23/2011 | ENG | 30 | Manx Mountain Marathon | runfurther Ultra Champs | Manx Fell Runners.org |
| 4/23/2011 | FRA | 24/12/6 hrs | 6/12/ 24 heures de Rennes | | www.coueursdextreme.free.fr |
| 4/23/2011 | CAN | 100m | Jerseyville Fat Ass | Jerseyville,ON | ultrasignup.com |
| 4/24/2011 | HUN | 24 hours | Sarvari | | fussunk.gportal.hu/ |
| 4/24/2011 | FRA | 24 hours | 24 Heures de Sene | | 24hsene.free.fr/ |
| 4/24/2011 | USA | 6 days | Self-Transcendence 6 day | Non-Stop | Sri Chinmoy Races.org |
| 4/24/2011 | ITA | 100 km | Volcano Trail | Stage | Volcanotrail.it/ |
| 4/25/2011 | NLD | 120/60 km | De Zestig van Texel | | http://www.dezestigvantexel.nl |
| 4/26/2011 | USA | 24 hours | 24 Hours of Moab | | Geminiadventures.com |
| 4/28/2011 | USA | 100m + others | DRTE | Santa Barbara,CA | http://sber.co/ |
| 4/30/2011 | SCO | 53 miles | Highland Fling | Milngavie | Highland Fling |
| 4/30/2011 | NOR | 12/6 hr/100 km | Ringerike Ultrafestival | | www.ringerikeultra.doodlekit.com |

INTÉGRALE Gérard Denis

COURSE
NON-STOP
EXPÉRIMENTALE
DE 245 KM

245
Roscoff
Mousterlin
Roscoff

SAMEDI 16
DIMANCHE 17
JUILLET
2011



06 33 49 13 99
transEgale@yahoo.fr

Ultrarunning World Calendar

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|-----------|-----|---------------|-------------------------------|-------------------|--|
| 4/30/2011 | FRA | 50 km | La Bouillonnante | Bouillon | http://www.la-bouillonnante.org |
| 4/30/2011 | USA | 24 hours | 24Hour Adventure Run | | Athletic-equation.com |
| 4/30/2011 | USA | 24 hours | Cornbelt 24 hour | | Cornbelt.org |
| 4/30/2011 | SEN | 180 km | La Piste des Aventuriers | Stage | http://www.raidsahara.com |
| 4/30/2011 | AUT | 60 km | Abenteuerlauf | Tirol | http://www.abenteuerlauf.at |
| 5/4/2011 | SCO | 6 days | Scottish Ultra | Islay & Jura | www.scottishultra.com/ |
| 5/4/2011 | HUN | 6 days | UNIX 6 Day/48 hour | Non-Stop | www.unixsport.hu |
| 5/5/2011 | USA | 500/200 m | McNaughton in Vermont | Non-Stop | Peakraces.com |
| 5/6/2011 | USA | 175 m | The Cape Relay 175 miles | Relay | www.13relay.com |
| 5/6/2011 | DEN | 100/50miles | The Hammer Trail | Bornholm | tejnif-lob.dk/www/index.php |
| 5/7/2011 | ENG | 82/52miles | Malvern Hills Ultra | | Ultrarunning.uk.com |
| 5/7/2011 | ENG | 40 miles | Ridgeway 40 | Overton Hill | Ridgeway40.org.uk |
| 5/7/2011 | SCO | 66 miles | Kintyre Way & Relay | Tarbert | www.kintyrewayrelay.co.uk/ |
| 5/7/2011 | SWE | 50 km | Liding Ultra | | http://www.ultra50k.se/start/index.cfm |
| 5/7/2011 | NLD | 60 km | Ultrarun Hank | | http://www.stichtingh2o.nl |
| 5/7/2011 | CHE | 24 hours | Self-Transcendence 24 Basle | | http://ch.srichinmoyraces.org/ |
| 5/7/2011 | BRA | 24 hours | II U 24hs De Resistncia | | www.ucrsm.com/ |
| 5/7/2011 | MDG | 120 km | UTOP | Non-Stop | www.utoptop.mg |
| 5/8/2011 | ENG | 34miles | 1066 Relay | Pevensey | www.spanglefish.com |
| 5/10/2011 | AUS | 590 km | The Track | Stage | www.thetrack-outbackrace.com |
| 5/10/2011 | AUS | 320 km | The Short Track | Stage | www.thetrack-outbackrace.com |
| 5/12/2011 | BRA | 190/60 km | Brazil Running Adventure Race | Stage | http://web.me.com/tendao |
| 5/13/2011 | ESP | 135 km | Costa Brava Extreme | Blanes | Costabravaxtremrunning.com |
| 5/13/2011 | USA | 200 m | Ragnar Relay New York | Relay | Ragnar relay.com |
| 5/13/2011 | USA | 72/48/24/12/6 | 3 Days at the Fair | Non-Stop | sites.google.com/site/xxctrailseries/ |
| 5/14/2011 | ENG | 61 | Fellsman | Keighley | Fellsman.org |
| 5/14/2011 | ENG | 45km | Stanwick Ultra | | www.ultramarathon.org.uk |
| 5/14/2011 | ENG | 33 miles | Marlborough Downs | Marlborough | www.marlboroughrunningclub.co.uk |
| 5/14/2011 | ENG | 24 Hour | Kent 24 Hour | Marshside, Kent | www.challengehub.co.uk/ |
| 5/14/2011 | SCO | 29 miles | Hearts & Heroes Challenge | SHW St Marys Loch | www.heartsandheroes.co.uk |
| 5/14/2011 | NLD | 24/6 hours | 24 hours of Steenberg | | http://www.ultraoopsteenbergen.nl |
| 5/14/2011 | FRA | 120 km | Bretagne Ultra Trail | Guern | http://trailarmorargoat.canalblog.com/ |
| 5/14/2011 | FRA | 24 hours | 24 Heures De Peynier | | 24 Heures De Peynier |
| 5/14/2011 | NLD | 24 hours | 24h de van Steenberg | | Ultraloopsteenbergen.nl/ |
| 5/14/2011 | GBR | 24 hours | Kent 24 Hour Challenge | | www.50milechallenge.co.uk/ |
| 5/14/2011 | RUS | 24 hours | 24H championship of Russia | | www.parsec-club.ru / |
| 5/14/2011 | FRA | 24 hours | Roche la Moliere | | clips-rlm.com |
| 5/14/2011 | USA | 100 miles | Massanutten | VA | http://www.vhtrc.org/mmt/ |
| 5/14/2011 | USA | 100/50miles | Keys100 | FL | http://www.keys100.com/ |
| 5/15/2011 | ENG | 33 | Forest of Dean Challenge | Coleford | www.beyondthelimitations.co.uk |
| 5/15/2011 | FRA | 325 km | Grande Traverse du Jura | Stage | http://www.couriretdecouvrir.com |
| 5/20/2011 | USA | 200 | Ragnar Relay New England | Relay | Ragnar relay.com |
| 5/21/2011 | ENG | 55 miles | Cateran Trail | Glenshee | Cateran55ultra.webnode.com |
| 5/21/2011 | ENG | 210 miles | Green Belt Relay | Hampton Court | Green Belt Relay |
| 5/21/2011 | WAL | 40 miles | Brecon 40 (TBC) | Brecon | www.mightcontainnuts.com |
| 5/21/2011 | NLD | 50 km | Eemlake Run | | http://www.quovadisbunschoten.nl |
| 5/21/2011 | FRA | 24 hours | 24h De LINS A Villeurbanne | | www.24heures.org |
| 5/21/2011 | FRA | 24 hours | 24 heures de Villenes | | www.1fohelp.net/ultrapassion/ |

Ultrarunning World Calendar

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|-----------|-----|-----------------|---------------------------------|------------------------|---|
| 5/22/2011 | WAL | 50 miles | Cardiff Ultra | Brecon | www.ultrarace.co.uk/ |
| 5/25/2011 | ENG | 131 miles | Forces March | Ilfracombe | www.forcesmarch.org.uk/ |
| 5/27/2011 | BEL | 160 km | La Transardennaise | Stage | http://www.europaventure.be |
| 5/28/2011 | ENG | 145 miles | Grand Union Canal | Birmingham | http://www.gucr.co.uk/ |
| 5/28/2011 | ENG | 100 miles | Housman 100 | Ludlow | www.housmanhundred.co.uk/ |
| 5/28/2011 | NOR | 51 km | Ulv dalen Ultra | | http://www.kondis.no |
| 5/28/2011 | NLD | 6 hours | 6 Hour Haarlemmermeer | | http://www.avhaarlemmermeer.nl |
| 5/28/2011 | NLD | 350 km | Pieter-ROG-pad | | http://www.pieterrogp.nl |
| 5/28/2011 | USA | 24 hours | Nanny Goat 24-Hour Trail | | Oldgoatrunners.com |
| 5/28/2011 | CAN | 100M/50M/50K | Sulphur Springs | Burlington, ON | http://ouser.org/races/sulp.htm |
| 5/29/2011 | CAN | 24 hours | Easter Seals 24 Hour Relay | Vancouver Island | www.24hourrelay.com/ |
| 5/29/2011 | USA | 200/100/50 m | Wickham Park | Non-Stop | MattMahoney.net |
| 5/30/2011 | FRA | 230 km | La Trans-Aq, | Stage | www.transaq.fr/ |
| 5/31/2011 | GER | 300 km | Bergisch Land | Stage | www.lg-duv.de |
| 6/1/2011 | BEL | 1005 km | Tour de Belgique de Jogging | Brussels | http://joggans.objectis.net |
| 6/2/2011 | SCO | 64 km | Kinlochleven Ultra | Kinlochleven | www.ultramathon.org.uk |
| 6/2/2011 | USA | 200 m | Toms Run relay/solo | Relay | tomsrunrelay.org/ |
| 6/3/2011 | ENG | 110 miles | Hardmoors 110 | Helmsley, N.Yorks | Hardmoors Ultra 110 |
| 6/3/2011 | FRA | 130 km | Euskal Trails – Endurance Trail | Urepele | http://www.euskalraid.fr/ |
| 6/3/2011 | FRA | 90 km | Trail des Villages | Urepele | http://www.euskalraid.fr/ |
| 6/3/2011 | FRA | 50 km | Trail Gourmand | Urepele | http://www.euskalraid.fr/ |
| 6/4/2011 | ENG | 32 miles | Dartmoor Discovery | Princetown | http://www.teignbridgetrotters.co.uk/ |
| 6/4/2011 | NOR | 6x12 km terreng | Malm Ultraintervall | | http://malmultraintervall.webs.com/ |
| 6/4/2011 | NLD | 100/50 km | Self Transcendence | Amsterdam | http://www.srichinmoyraces.org/nl |
| 6/4/2011 | GER | 24 hours | Hoyerswerda 24h | | www.hoyerswerda-marathon.de |
| 6/4/2011 | CAN | 24 hours | Vancouver Island | | 24hourrelay.com/ |
| 6/4/2011 | DEN | 24 hours | Puma 24h Run Holte | | www.24run.dk/ |
| 6/4/2011 | LKA | 150 m | Si Lankha Extreme Raid | Stage | www.raidsahara.com |
| 6/4/2011 | USA | 100 miles | Old Dominion | Woodstock, VA | http://www.olddominionrun.org/ |
| 6/4/2011 | USA | 100 miles | Kettle Moraine | La Grange, WI | http://www.kettle100.com/ |
| 6/5/2011 | ENG | 35 | Northants Spires and Shires | Lampport Hall | http://gobeyondultra.co.uk |
| 6/5/2011 | USA | 24 hours | FANS 24 hour | | http://www.fans24hour.org/ |
| 6/5/2011 | FRA | 6 days | Antibes | Non-Stop | 6jours-antibes.fr |
| 6/5/2011 | FRA | 72 hour | Antibes | Non-Stop | 6jours-antibes.fr |
| 6/5/2011 | FRA | 48 hour | Antibes | Non-Stop | 6jours-antibes.fr |
| 6/5/2011 | GBR | 110 miles | Hardmoors 110 | Helmsley | http://www.hardmoors110.org.uk/cms/ |
| 6/9/2011 | SWE | 24/12 hours | Trollhattan 12/24 | | www.marathon.se |
| 6/10/2011 | USA | 200 | Ragnar Relay Chicago | Relay | Ragnarrelay.com |
| 6/11/2011 | ENG | 100 miles | Enduroman 100 | Avon Tryrrel,Hants | www.enduroman.com/ |
| 6/11/2011 | IRE | 85 km | Mourne Way Ultramarathon | Rostrevor, Co Down | Mournewaymarathon.com |
| 6/11/2011 | SCO | 30 | Lochalsh Dirty 30 | Glenelg | www.lochalsh-trails.co.uk |
| 6/11/2011 | SWE | 68 km | Jttelngt | | http://www.ifgota.se/ |
| 6/11/2011 | DNK | 24/12/6 hours | 24RUN | Rudegrd Stadion, Holte | http://www.24run.dk/ |
| 6/11/2011 | CAN | 24 hours | Easter Seals 24 Hour Relay, | Okanagan | www.24hourrelay.com/ |
| 6/11/2011 | GER | 24 hours | Burginsellauf Delmenhorst | | Burginsellauf Delmenhorst (GER) |
| 6/11/2011 | GER | 313 | Eifelsteig | Stage | www.eifelsteig.de |
| 6/11/2011 | USA | 100 miles | San Diego | Campo CA | http://www.sandiego100.com/ |
| 6/11/2011 | GBR | 100 miles | Enduroman | Bransgore, Hants | Enduroman.com/ultratrishamps.html |

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| 6/12/2011 | USA | 148 m | Desert R.A.T.S. | Stage | Geminiadventures.com/ |
| 6/12/2011 | USA | 3100 m | Self-Transcendence 3100 | Non-Stop | http://3100.srichinmoyraces.org/ |
| 6/13/2011 | NOR | 50 km | KickMaster Ultra I | | http://www.kondis.no |
| 6/16/2011 | USA | 100 miles | Bighorn | Sheridan, WY | http://www.bighorntrailrun.com/ |
| 6/17/2011 | ENG | 165 miles | London-Cardiff 24 Relay | London | www.londoncardiff24.co.uk/ |
| 6/17/2011 | ITA | 62 m | Magraid (3 day stage race) | Stage | www.magraid.it |
| 6/17/2011 | USA | 188 m | Ragnar Relay Wasatch Back | Relay | Ragnar relay.com |
| 6/18/2011 | ENG | 100 km | Three Rings of Shap | Shap | www.ldwa.org.uk |
| 6/18/2011 | SCO | 92 miles | West Highland Way | Milngavie, Glasgow | West Highland Way Race.org |
| 6/18/2011 | CAN | 100/50 km/50 m | Fast Trax Ultras | Edmonton | Ultra.fasttraxskishop.com |
| 6/18/2011 | DNK | 24 hours | Ultramarathon Bornholm | | Ultramarathon.dk |
| 6/18/2011 | CAN | 24 hours | Easter Seals 24 Hour Relay, | Vancouver | www.24hourrelay.com/ |
| 6/18/2011 | AUS | 24 hours | Sri Chinmoy 24/12/6 Hour | | au.srichinmoyraces.org/ |
| 6/18/2011 | DEN | 6 days | Bornholm 6 Day 48/24/6 | Non-Stop | http://6-24-48-timer.dk |
| 6/18/2011 | USA | 200 m | Green Mountain Relay | Relay | Green mountain relay.com/ |
| 6/18/2011 | USA | 100 miles | Mohican | Loudonville, OH | http://www.mohican100.org/ |
| 6/19/2011 | ENG | 86.5 | The Ridgeway Relay | Ivinghoe Beacon | Marlborough Running Club |
| 6/19/2011 | GER | 24 hours | 24 Stunden Burginsellauf | | www.24-lauf.de |
| 6/19/2011 | USA | 3220 m | LA to New York | Stage | www.sergegirard.com |
| 6/22/2011 | ENG | 250 miles | Thames Ring | Streatley | www.tra-uk.org/thames_ring.php |
| 6/24/2011 | ENG | 100 miles | Cotswold Ultra 100/50 | Stratford-upon-Avon | www.ultramarathon.co.uk/ |
| 6/24/2011 | ENG | 106 miles | South Downs Way | Washington, W.Sussex | www.votwo.co.uk |
| 6/24/2011 | GBR | 100 miles | Cotswold Ultra | Stratford-upon-Avon | http://www.ultramarathon.co.uk |
| 6/25/2011 | ENG | 46 miles | Pathfinder March | RAF Wyton | www.pathfinder-march.co.uk/ |
| 6/25/2011 | ENG | 69 miles | Round The Island | East Cowes | www.xnrg.co.uk |
| 6/25/2011 | ENG | 33 miles | Greensand Ridge & Relay | Leighton Buzzard | www.smoc.info |
| 6/25/2011 | NOR | 82 km | Kristins Runde | | http://www.kondis.no/ |
| 6/25/2011 | GER | 24 hours | Stadtoldendorfer 24 | | 24-stunden-lauf.de |
| 6/25/2011 | FRA | 24 hours | 24 heures de Puttelange | | www.pour-quentin.com |
| 6/25/2011 | USA | 24 hours | 24 Hours of Laramie | | Geminiadventures.com/ |
| 6/25/2011 | HUN | 212 km | Ultrabalaton 212 | Non-Stop | Ultrabalaton.hu/ |
| 6/25/2011 | CAN | 100 mile relay | Kananaskis | Longview, Alberta | Hihostels.ca/westerncanada |
| 6/25/2011 | USA | 100 miles | Laramie | Laramie, Wyoming | Geminiadventures.com |
| 6/25/2011 | USA | 100 miles | Western States Endurance Run | Sqaw Valley, CA | http://www.ws100.com/home.html |
| 6/25/2011 | USA | 100/50 m/100 k | Black Hills | Sturgis, SD | www.blackhills100.com |
| 6/26/2011 | ENG | 50 km | Boddington 50k Champs | Cheltenham | www.beyondthelimitations.co.uk/ |
| 6/26/2011 | NLD | 50 km | Veluwezoom Trail | | http://www.veluwezoomtrail.nl |
| 6/26/2011 | GER | 81 km | Frankenweg-Lauf | Stage | http://www.frankenweg-lauf.de |
| 6/26/2011 | CHN | 250 km | Gobi March | Stage | 4deserts.com/gobimarch/ |
| 7/1/2011 | SWE | 100 km | Lapland Ultra | | http://uu.stockholmmultisport.se/ |
| 7/2/2011 | ENG | 33 | Osmotherley Phoenix | | osmotherleyphoenix.wikidot.com/ |
| 7/2/2011 | ENG | 73 km | 10 Peaks Challenge | Helvellyn | www.10peaks.com |
| 7/2/2011 | ENG | 50 km | SLMM (2 man team) | Lake District | www.slmm.org.uk/ |
| 7/2/2011 | NOR | 100 km | St Olav Ultra | | www.st-olavsloppet.com/ |
| 7/2/2011 | NLD | 60 km | Round of Amsterdam | | http://www.funrunner-heerlen.nl |
| 7/2/2011 | CHE | 200 km | Swiss Jura Nature Trail | Stage | swissjuramarathon.com |
| 7/2/2011 | NOR | 100 km | St. Olav Ultra | stersund | www.st-olavsloppet.com |
| 7/7/2011 | NOR | 170 km | Le Raid des Trolls | Stage | http://www.raids-aventure.com/ |

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|-----------|-----|-------------------|--------------------------------|-----------------------|---|
| 7/8/2011 | AUT | 24 hours | 24 hr Wrschach | | www.24stundenlauf.at/ |
| 7/8/2011 | USA | 100 miles | Hardrock | Silverton, CO | http://hardrock100.com/ |
| 7/9/2011 | ENG | 44 miles | Lyke Wake | Osmotherly, N. Yorks | Llyke wake walk.co.uk |
| 7/9/2011 | NOR | 70 km | Hornindal Rundt | | http://www.hornindalrundt.no/ |
| 7/9/2011 | NOR | 105 km | Merker Mountain Challenge | | www.merakertiltopps.com |
| 7/9/2011 | USA | 100 miles | Viaduct Trail | Lanesboro, PA | google.com/site/viaducttrailultramarathon |
| 7/9/2011 | FRA | 60 km | Le Dfi d'Alinor | Prayssas | www.weekendtrail.fr |
| 7/11/2011 | ESP | 223 km | Al Andalus Ultra Trail | Stage | Trailrunspain.com/ |
| 7/15/2011 | ESP | 168 km | Ehunmilak | Beasain | http://www.ehunmilak.com |
| 7/15/2011 | IND | 135 m | The High | Non-Stop | web.me.com/drrajatchauhan |
| 7/15/2011 | RSA | 100 miles | Washie100 | East London | www.buffsclub.co.za |
| 7/16/2011 | ENG | 40 miles | Clyde Stride | Partick Train Station | Clydestride.webnode.com/ |
| 7/16/2011 | FRA | 103 km | Ultra Tour du Beaufortain | Queige | http://www.ultratour-beaufortain.fr/ |
| 7/16/2011 | GER | 24/12 hours | Self-Transcendence 24/12 hour | Berlin | Sri Chinmoy Races.org |
| 7/16/2011 | USA | 24 hours | Lone Ranger 24 hr | | www.20in24.com/ |
| 7/16/2011 | FRA | 2,500 km | La France En Courant Relay | Relay | La France Encourant.org/ |
| 7/16/2011 | USA | 100m/50m/50k | Tahoe Rim Trail | Lake Tahoe | http://www.tahoemtnmilers.org |
| 7/17/2011 | ENG | 50 miles | 50 Mile Challenge | Marshside, Canterbury | www.50milechallenge.co.uk/ |
| 7/17/2011 | ENG | 50 km | Fairlands Valley | Stevenage | www.races.fvspartans.org.uk |
| 7/17/2011 | FRA | 245 km | Gerard Denis | Non-Stop | www.yanoo.net |
| 7/17/2011 | USA | 100 miles | Vermont | West Windsor, VT | www.vermont100.com/ |
| 7/22/2011 | USA | 187 m | Ragnar Relay N.W. Passage | Relay | Ragnar relay.com |
| 7/23/2011 | NOR | 81 km | Rallarvegslpet (2 days) | | www.kondis.no |
| 7/23/2011 | GER | 24 hours | 24-Stundenlauf Reichenbach | | 24-stundenlauf.de |
| 7/23/2011 | USA | 100 m/100 k/relay | Fat Dog | | www.mountainmadness.ca/ |
| 7/23/2011 | USA | 100m/50m/37.5m | Grand Mesa | Grand Junct.CO | http://www.grandmesa100.com/ |
| 7/23/2011 | USA | 100 miles | Angeles Crest | Wrightwood, CA | www.ac100.com/ |
| 7/24/2011 | MNG | 7 day | Gobi Challenge | Stage | Sand-baggers.com |
| 7/24/2011 | GER | 324 km | Baltic Run | Stage | http://www.baltic-run.de/ |
| 7/27/2011 | FRA | 200 km | 19th Defi de IOisans | Stage | Raidlight.com |
| 7/27/2011 | FRA | 100 km | la 6D Treck | La Plagne | http://www.la6000d.com/ |
| 7/27/2011 | FRA | 180 km | Tour de l'Oisans et des Ecrins | Les 2 Alpes | Smag.over-blog.com |
| 7/28/2011 | USA | 100 m | Mountain R.A.T.S. | Stage | Gemini adventures.com |
| 7/29/2011 | ENG | 100/50 miles | Lakeland 100 & Lakeland 50 | Coniston | Lakeland 100.com |
| 7/29/2011 | SWE | 246 km | The gax trans scania | Lund, Sweden | http://www.teamcreate.se/ |
| 7/29/2011 | CZR | 24 hours | Self Transcendence 24/48 | | http://cs.srichinmoyraces.org/ |
| 7/29/2011 | USA | 24/12 hours | 24 Hour Around The Lake | | Somerville R.R. |
| 7/29/2011 | AUS | 24 hours | Caboolture 6/12/24/48 hour | | www.aura.asn.au/ |
| 7/29/2011 | SWE | 246 km | Trans Scania | Non-Stop | http://www.teamcreate.se/ |
| 7/29/2011 | USA | 100 miles | Swan Crest | Swan Lake, MT | http://swancrest100.com/ |
| 7/29/2011 | GBR | 100/50 miles | Lakeland 100 | Coniston, Cumbria | http://www.lakeland100.com/. |
| 7/30/2011 | ENG | 24 Hour | Adidas Thunder Run | Catton Park | www.tr24.co.uk |
| 7/30/2011 | GER | 100 miles/100 k | Chiemgauer | Ruhpolding | www.chiemgauer100.de |
| 7/30/2011 | USA | 100 miles | Burning River | Willoughby Hills, OH | http://www.burningriver100.org/ |
| 7/30/2011 | USA | 100/50 miles | Headlands Hundred | Golden Gate, CA | pctrailruns.com/ |
| 8/5/2011 | USA | 100m/50m/50k | Wild Idaho | Crouch, ID | http://www.runwildidaho.com/1 |
| 8/6/2011 | ENG | 43 miles | Devil o the Highlands | Tyndrum | Deviltothehighlandsfootrace.co.uk/ |

FEBRUARY - THE NORTH DOWNS

66 MILES 2 DAYS

JUNE - THE ISLE OF WIGHT

70 MILES 2 DAYS

SEPTEMBER - THE THAMES PATH

90 MILES 3 DAYS

NOVEMBER - THE RIDGEWAY

82 MILES 3 DAYS

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308 MILES OVER
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GOODY BAG INCLUDED

T-Shirts and Medals for all finishers, plus a special Ultra Race Series memento for all who complete the 4 races.

4 RACE PRE BOOKING DISCOUNT

Total cost for the 4 races £380 a saving of over £60 on the price of individual races.
Transport to and from local stations included.

Ultrarunning World Calendar

| | | | | | |
|-----------|-----|----------------|--------------------------------|------------------------|--|
| 8/6/2011 | ENG | 48 miles | Greenlight Round the Rock | St.Helier, Jersey | www.roundtherock.co.uk |
| 8/6/2011 | ENG | 31 miles | The Long Tour of Bradwell | Hope Valley | www.darkandwhite.co.uk |
| 8/6/2011 | CAN | 24/12/6 hrs | Dirty girls 6/12/24 Hr Trail | Mansfield, ON | www.dirtygirlsrn.com |
| 8/7/2011 | CAN | 100/50/50 mile | Stormy | Squamish. | http://stormytrailrace.ca/ |
| 8/9/2011 | KEN | 75 km | Kenya Highlands Race | Nanyuki | www.runandtravel.it |
| 8/10/2011 | FRA | 1150 km | La Transe Gaule | Stage | http://www.yanoo.net/ |
| 8/12/2011 | ENG | 105/70 miles | Grimsthorpe Ultra 105 & 70m | Grimsthorpe Castle | www.fat-feet.co.uk |
| 8/12/2011 | USA | 200 m | Wild West Relay | Relay | http://www.wildwestrelay.com/ |
| 8/13/2011 | ENG | 100/50 miles | North Downs Way | Farnham | www.centurionrunning.com/ |
| 8/13/2011 | NOR | 100km+ | Topp mli-lpet | | www.visitnature.no |
| 8/13/2011 | GER | 100 miles | Stunt 100 | Sibbesse | Stunt100.de |
| 8/13/2011 | IRE | 100 miles | Connemara | Clifden, Galway | http://www.connemara100.com/ |
| 8/13/2011 | GBR | 100 miles | North Downs Way | Farnham, Surrey | www.centurionrunning.com |
| 8/14/2011 | ENG | 50 km | 5-4-3-2-1 | Salisbury Fire Station | www.salisburyfirestation.info |
| 8/19/2011 | USA | 191 m | Ragnar Relay Great River | Relay | Ragnar relay.com |
| 8/19/2011 | SWE | 70/50/30 km | Bjrkliiden Arctic Mtn Marathon | Bjrkliiden | www.bamm.nu/index.php?lang=en |
| 8/20/2011 | NOR | 6 hours | Romerike 6-hours +NM ultra | | http://db.kondis.no |
| 8/20/2011 | NLD | 50 km | Ultrarun Assen | | http://www.de50vanassen.nl |
| 8/20/2011 | USA | 100 miles | LeadvilleTrail | Leadville, CO | www.leadvilletrail100.com |
| 8/21/2011 | ENG | 40 miles | ULTRARace.Peaks | Cromford Meadows | www.ultrarace.co.uk/ |
| 8/21/2011 | USA | 120 m | TransRockies Run | Stage | http://transrockies.com/ |
| 8/26/2011 | USA | 24 hours | Colorado Outward Bound 24 | | http://www.thecoloradorelay.com/ |
| 8/26/2011 | USA | 197 | Hood To Coast Relay | Relay | Hood to Coast.com |
| 8/26/2011 | CHE | 79 km | Erlebnislaf | Stage | http://www.alpinrunner.ch/ |
| 8/26/2011 | USA | 170 m | Colorado Relay | Relay | Coloradorelay.com |
| 8/26/2011 | FRA | 103 miles | Ultra Trail du Mont Blanc | Chamonix | www.ultratrailmb.com/ |
| 8/27/2011 | ENG | 35 | Speyside Way Race | Ballindalloch | Speysidewayrace.webnode.com |
| 8/27/2011 | ENG | 85 miles | Ridgeway Challenge | Ivinghoe Beacon | www.tra-uk.org/ridgeway_challenge |
| 8/27/2011 | GER | 24 hours | Runinger 24-Stundenlauf | | Lauftreff-rueninger-roadrunner.de/ |
| 8/27/2011 | USA | 100m/50m/50k | Lean Horse | Hot Springs, SD | http://www.leanhorsehundred.com/ |
| 8/27/2011 | USA | 100 miles | Cascade Crest Classic | Easton, WA | www.cascadecrest100.com/ |
| 8/28/2011 | NOR | 50 km | Styrkeprven Rett Vest | | www.styrkeproven-rettvest.org/ |
| 8/28/2011 | NLD | 50 km | The Fifty of Gouda | | http://www.avgouda.nl |
| 9/1/2011 | ENG | 35 miles | Round Ripon | Studley Roger | gobeyondultra.co.uk |
| 9/2/2011 | ENG | 90m/3day | Toad Challenge | Oxford | www.xnrg.co.uk |
| 9/3/2011 | ENG | 56 miles | Bullock Smithy Hike/Run | Hazel Grove,Stockport | www.bullocksmithy.com/ |
| 9/3/2011 | IRE | 50 miles | Dingle Ultra Marathon | Glentenassig Woods | www.dinglemarathon.ie |
| 9/3/2011 | SCO | 24/12 hr | Glenmore 24/12 Hour Trail | Aviemore | www.glenmore24.com |
| 9/3/2011 | WAL | 45 miles | Across Wales Walk | Anchor to Clarach | Whereitsat.pwp.blueyonder.co.uk |
| 9/3/2011 | NLD | 50 km | The Monks Trail | | http://www.monnikentocht.nl |
| 9/3/2011 | GER | 24 hours | 24 Hr Lauf Wolfenbttel | | www.sporttrend.net/ |
| 9/3/2011 | USA | 24 hours | Woods Ferry | | Ultrasontrails.com |
| 9/3/2011 | RUS | 24 hours | St.Petersburg 24 Hour | | www.spb-la.ru/index.php |
| 9/3/2011 | GER | 24 hours | 24-Stundenlauf Fleested | | www.24stundenlauf.info/ |
| 9/3/2011 | USA | 24 hours | Badgerland F/x 24 Hour | | Badgerlandstriders.org/ |
| 9/3/2011 | GER | 120 km | Erft-Spendenlauf | Stage | www.erft-spendenlauf.de/ |
| 9/3/2011 | <> | 260 m | Transalpine-Run | Stage | http://www.transalpine-run.com |
| 9/3/2011 | USA | 100 miles | Grand Teton | Alta, WY | www.dreamchaserevents.com |

Ultrarunning World Calendar

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|-----------|-----|--------------------|-----------------------------|----------------------|--|
| 9/4/2011 | GER | 790 km | Horb-run Berlin HBL | Stage | www.deutschlandlauf.com |
| 9/4/2011 | USA | 100 m/100 k/50 m | Buckeye Endurance Runs | Nardini Manor,AZ | http://www.aravaiparunning.com |
| 9/4/2011 | USA | 50/25 km | Roots Rock | Port Gamble | www.rootsrockrun.com/ |
| 9/7/2011 | BOL | 159 km | Inca Run | Stage | www.andesadventures.com |
| 9/9/2011 | USA | 208 m | Blue Ridge Relay | Relay | www.blueridgerelay.com/ |
| 9/9/2011 | USA | 100/50 miles | Superior Sawtooth | Gooseberry Falls ,MN | www.superiortrailrace.com/ |
| 9/9/2011 | CAN | 100 m/100k/50k | Lost Soul | Lethbridge, Alberta | www.lostsoulultra.com/ |
| 9/9/2011 | USA | 100 miles | Wasatch Front | Kaysville, UT | www.wasatch100.com/ |
| 9/9/2011 | USA | 100 m/100 k/ | Hallucination | Pinckney, MI | www.runwoodstock.com/ |
| 9/10/2011 | ENG | 6 day | Trans Britain | Gretna Green | Go Beyond Ultra |
| 9/10/2011 | ENG | 51 km | Honeystreet Ultra | | www.ultramathon.org.uk |
| 9/10/2011 | NLD | 100/50 km | RUN 2011 Winschoten | | http://www.runwinschoten.nl |
| 9/10/2011 | GER | 24 hours | 24 Stunden von Bernau | | www.24-stunden-von-bernau.de/ |
| 9/10/2011 | <> | 180 km | Andean Triangle Adventure | Stage | www.andesadventures.com |
| 9/10/2011 | USA | 100m/50k | Rio del Lago | Granite Bay, CA | www.desertskyadventures.com |
| 9/10/2011 | USA | 100 m/100k/ | Pine Creek Challenge | Tioga,PA | www.pinecreekchallenge.com/ |
| 9/10/2011 | DEN | 100 miles | Mors | Island of Mors | www.100miles.dk/ |
| 9/10/2011 | AUS | 100 m/100 k/ | Glasshouse | Beerburum,Queensland | www.glasshousetrails.com.au/ |
| 9/10/2011 | CAN | 100 miles | Haliburton | Haliburton For., ONT | www.ouser.org/races/hali.htm |
| 9/10/2011 | USA | 100 miles | Plain | Plain, WA | www.cascaderunningclub.com/ |
| 9/11/2011 | ENG | 50+ miles | London to Brighton | Blackheath | www.extremerrunning.org |
| 9/11/2011 | ITA | 330 km | Tor des Gants | Non-Stop | www.Tordesgeants.it |
| 9/13/2011 | IRE | 344 miles | M2M Ultra | Malin Head | www.ultrarace.co.uk/ |
| 9/16/2011 | ENG | 80 miles | Kent Ultra Challenge | Canterbury, Kent | www.kentultrachallenge.co.uk |
| 9/16/2011 | USA | 187 m | Ragnar Relay Napa Valley | Relay | Ragnarrelay.com |
| 9/17/2011 | ENG | 24 Hour | Self-Transcendence 24 hour | Tooting Bec | Sri Chinmoy .A.C. |
| 9/17/2011 | ENG | 50 miles | Surrey Tops Challenge | Witley GR SU948394 | www.ldwasurrey.co.uk |
| 9/17/2011 | ENG | 40 miles | High Peak 40 | Derbyshire | www.highpeak40.co.uk/ |
| 9/17/2011 | NOR | 73 km terreng | UltraBirken | | www.birkebeiner.no |
| 9/17/2011 | FRA | 24 hours | 24 Hr de St Maixent l'Ecole | | Spiridon.pagesperso-orange.fr |
| 9/17/2011 | USA | 24 hours | North Coast 24 | | Northcoast24.org |
| 9/17/2011 | USA | 24 hours | San Francisco One Day | | pctrailruns.com |
| 9/23/2011 | WAL | 24 hr/50 km | Commonwealth Ultras | North Wales | www.beyondthelimitations.co.uk/ |
| 9/23/2011 | USA | 193 m | Ragnar Relay Washington DC | Relay | Ragnar relay.com |
| 9/23/2011 | USA | 100 miles | The Bear | Preston, Idaho | www.bear100.com/ |
| 9/23/2011 | USA | 100/50 miles/relay | Virgil Crest | Virgil, N.Y. | www.virgilcrestultras.com/ |
| 9/24/2011 | ENG | 60 miles | Hardmoors 60 | Saltburn | Hardmoors110.org.uk |
| 9/24/2011 | SCO | 44 miles | River Ayr Way | Glenbuck | www.theriverayrway.org |
| 9/24/2011 | CAN | 24 hours | Self-Transcendence 24 | | Sri Chinmoy Races |
| 9/24/2011 | CHE | 24/12 hours | 24/12 Stundenlauf | Aare-Insel Brugg | www.24stundenlauf.ch/ |
| 9/25/2011 | NLD | 50 km | Around Voorne | | http://www.rondjevoorne.nl |
| 9/25/2011 | USA | 24 hours | Hinson Lake 24 Hr | | Hinson Lake 24 |
| 9/30/2011 | ENG | 26m X3 | Atlantic Coast | Padstow | www.votwo.co.uk |
| 9/30/2011 | GRE | 246 km | Spartathlon | Non-Stop | Spartathlon |
| 9/30/2011 | USA | 188 m | New York Relay | Relay | 13relay.com |
| 9/30/2011 | GBR | 78 miles | Atlantic Coast Challenge | Padstow | www.votwo.co.uk/ |
| 10/1/2011 | ENG | 39 miles | Causeway Coast Ultra | Portstewart | Causewaycoastmarathon.com |
| 10/1/2011 | NLD | 6 hours | Self Transcendence 6 hrs, | | http://www.srichinmoyraces.org/nl |

Ultrarunning World Calendar

| | | | | | |
|------------|-----|-----------------|--------------------------------|------------------------|--|
| 10/1/2011 | FRA | 24 hours | 24 Heures De Grenoble | | http://guc.athle.com |
| 10/1/2011 | FRA | 150 km | Grand Trail du Nord | Non-Stop | www.raidsahara.com |
| 10/1/2011 | USA | 100 miles | Arkansas Traveller | Ouachita Nat For. AK | www.runarkansas.com |
| 10/2/2011 | EGY | 250 km | Sahara Race | Stage | www.4deserts.com/sahararace |
| 10/3/2011 | GER | 184 km | Lulluspfad | Stage | Waldhessenlauf.de/ |
| 10/6/2011 | RSA | 250 km | 10th Kalahari Extreme Marathon | Stage | Extrememarathons.com |
| 10/6/2011 | BRA | 200 km | Jungle Marathon | Stage | Junglemarathon.com/ |
| 10/7/2011 | USA | 200 m | The Bourbon Chase | Relay | Bourbon Chase.com |
| 10/7/2011 | USA | 197 m | Ragnar Relay Pennsylvania | Relay | Ragnarrelay.com |
| 10/7/2011 | AUS | 76 m | Tour de Tirol | Stage | Tourdetirol.com |
| 10/8/2011 | ENG | 60/30 miles | Norfolk Ultra | Kelling Heath | www.adventurehub.com |
| 10/8/2011 | NLD | 60 km | Ultra-Fall-run Berg en Dal | | http://www.funrunner-heerlen.nl |
| 10/8/2011 | EGY | 333 km | 333 | Non-Stop | www.extreme-runner.com |
| 10/8/2011 | GBR | 100/50/30 miles | Caesars Camp | Aldershot, Hants | Caesarscampenduranceruns.co.uk/ |
| 10/8/2011 | USA | 100m/50m/50k | Oilcreek | Titusville PA | www.oilcreek100.org/ |
| 10/9/2011 | ENG | 50 km | Nottingham Ultra | Blidworth | www.ultrarace.co.uk |
| 10/9/2011 | FRA | 24 hours | Les 24 Heures du Cher | | couc100km.free.fr |
| 10/13/2011 | IDN | 210 km | Indo Ultra | Stage | www.indoultra.co.uk |
| 10/15/2011 | ENG | 50 miles | Round Rotherham | Brampton Leisure Cent. | Henry Marston.co.uk |
| 10/15/2011 | FRA | 24 hours | 24 Hours of Royan | | 100km.iroyan.com/ |
| 10/15/2011 | USA | 24 hours | St. Pats | | www.stpats24hour.com/ |
| 10/16/2011 | USA | 100 miles | Boulder | Boulder, Colorado | Geminiadventures.com/ |
| 10/16/2011 | IND | 100 miles | Himalayan 100 Stage Race | Darjeeling | www.himalayan.com |
| 10/17/2011 | USA | 24 hours | 24 Hours of Boulder | | Gemini Adventures |
| 10/21/2011 | USA | 195 | Ragnar Relay Las Vegas | Relay | Ragnar relay.com |
| 10/21/2011 | USA | 100/50 miles | Pony Express | Faust, UT | Ponyexpress100.org/ |
| 10/21/2011 | CRI | 84 km | XTrail Race Costa Rica | Arenal | Costaricarace.com/ |
| 10/22/2011 | USA | 24 hours | 24 Hours the Hard Way | | 24thehardway.com/ |
| 10/23/2011 | FRA | 180 km | Corsica Coast | Stage | CorsicaCoast Race |
| 10/29/2011 | USA | 100 miles/50m | Cactus Rose | Bandera, TX | www.tejatrails.com |
| 11/4/2011 | OMN | 162 km | Desert Oman Raid | Stage | Raidsahara.com |
| 11/4/2011 | USA | 195 m | Ragnar Relay Tennessee | Relay | Ragnarrelay.com |
| 11/6/2011 | ENG | 36 miles | Marriotts Way | Norwich | www.tri-anglia.co.uk |
| 11/6/2011 | NOR | 6 hours | Undheim 6-hours | | www.undheimil.no/ |
| 11/9/2011 | FRA | 24 hours | 24 Heures d'Aulnat | | www.capaulnat.fr/ |
| 11/11/2011 | ENG | 82m/3 day | Druids Challenge | Ivinghoe Beacon | www.xnrg.co.uk |
| 11/12/2011 | AUS | 100 m/100 km | Great North Walks | Teralba, NSW | www.terrigaltrotters.com.au |
| 11/13/2011 | NLD | 100/50 km | Centennial, Deventer | | http://www.marathonplus.nl |
| 11/15/2011 | IND | 346 km | Sur La Piste des Maharajahs | Stage | N.E.D . |
| 11/18/2011 | WAL | 78 m | Pembrokeshire Challenge | Stage | www.votwo.co.uk |
| 11/20/2011 | NEP | 250 km | Racing The Planet Nepal | Stage | 4Deserts.com |
| 11/20/2011 | USA | 50 km | Doppler | Port Gamble | http://www.rootsrockrun.com/ |
| 11/26/2011 | NOR | 24 hours | Bislett 24-hours | | www.spiridon.no/ |
| 11/26/2011 | GER | 24 hours | Eis Age Bad Berleberg | | www.lg-wittgenstein.com/ |
| 12/11/2011 | NZL | 100/50/25 km | Self-Transcendence Races | Christchurch | nz.srichinmoyraces.org |
| 12/26/2011 | DZA | 45 km | Marathon des dunes | Timimoun | www.marathondunes.com/ |
| 12/30/2011 | NLD | 6 hours | Six Hours Epe | | http://www.avcialfo.nl |



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NAME (Print) _____ GENDER: M F AGE ON RACE DAY: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: (_____) _____ E-MAIL: _____

EVENT (Circle One): RUN RELAY RUN TEAM SIZE _____:

REGISTRATION FEE: INDIVIDUAL (\$75+) TEAM (\$300+) TEAM NAME: _____

PERSONAL CHECK: _____

DONATIONS COLLECTED: _____

TOTAL ENCLOSED:\$ _____ \$ _____

MAIL ALL TEAM ENTRIES TOGETHER
(ONE FORM EACH)

MAKE CHECKS OUT TO: AMERICAN CANCER SOCIETY (ALL \$\$ TAX DEDUCTIBLE)

MAIL CHECKS & ENTRY FORM TO: GEORGE NELSEN, ATTN: 24 HR RUN, 407 BELTON PLACE, NEWPORT NEWS, VA 23608

ALL REGISTRATIONS MUST BE POSTMARKED BY APRIL 9, 2011 — ADD \$25 TO ENTRY FEE THEREAFTER

EMERGENCY CONTACT: NAME: _____ PHONE: _____

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I know that running a long endurance race is a potentially hazardous activity. I should not enter such a run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to falls, contact with other participants, weather effects such as heat & humidity, and the conditions of the route, all such risks being known & appreciated by me. Having read this waiver & knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive & release the City of Hampton, Peninsula Track Club, Sandy Bottom Nature Park, Road Runners Clubs of America (RRCA), American Cancer Society, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any record of this event for any legitimate purpose.

SIGNATURE: _____ DATE: _____



I was formally introduced to Luis Rios when I participated in the Self Transcendence 6 day race in 2006. We were introduced to each other because we both lived in Brooklyn at the time. I recognized Luis from my runs around Prospect Park. He makes a visual impression on people, even on strangers.

He ran clockwise in the park, against the flow of the other runners. He had a big beard that didn't match his gaunt face and body, and he wore ratty clothes, most advertising races he completed 30 years ago.

Luis is a legend. His running feats include, 2:48 marathon NYC 1981 and 140 miles in Sri Chinmoy 24 hr (He thinks in 1981)

I spoke to him on November 29th, 2010 and asked him about some of his experiences.

*Brooklyn ultrarunner Shishalden Hanlen
talks with New Yorker:*

Luis Rios

When did you start running?

I started in 1975 so I wouldn't drink so much.

What was your first race?

The Earthday Marathon on 3/20/77. It was held in Eisenhower Park, LI. I finished in 4:17.

What was your favorite run?

The 1981 Jersey Shore Marathon. My girlfriend wasn't feeling well, so I finished the marathon then came back and finished the race with her. I ended up doing 34 miles that day and she thought it was the greatest thing that I had come back to run with her.

Favorite ultra?

70 mile Sri Chinmoy run, I don't remember the year. It was on a Friday and my girlfriend Beverly dropped me off before she went to work, and I told her, "When you get back I'm going to have won this race." I predicted correctly.

Guys died around 30 miles and I took the lead from there. I loved showing her the trophy.

How did you start doing ultras?

I was in the Prospect Park Track Club and the other guys were doing them. One day I saw Nate Whiting after jogging in a 100k and he looked relaxed and great and I thought, "I could do that."

Who's your favorite ultra runner?

Ted Corbitt. Ray (Krolewicz) is up there, I like him. Corbitt was an 80 yr old doing 300 miles with no handler. Sleeping in barracks with me every night, it was amazing.

(Corbitt was actually 82 and did 303 miles in the Self Transcendence 6-day 2001.)

Do you have any necessary running gear?

None, I always use one pair of shoes. I will bring 4-5 pairs to

"Corbitt was an 80 yr old doing 300 miles with no handler. Sleeping in barracks with me every night, it was amazing."

the 10 day race but I never bring anything special.

Any advice to runners?

Never get started with ultras, you get slower, it's too time consuming and if you're a fast runner just don't do it. If you do a marathon slower than 3:30, then go ahead, try them.

You retired from working for the MTA (Metropolitan Transit Authority) 10 years ago, what are you up to now?

I spend my time walking and jogging around Prospect Park. I do 40 miles every other day, 7 miles the other days. 99 percent of the time I complete at least 40 miles. I only did 38 miles today was because I had to leave to meet you. Weather is a big factor too, I use common sense.

You've showed me your running logs, how long have you been keeping track of your mileage?

Since February 1977 I have kept track of mileage, there's a line in my log book for every day of my life. Six years ago a man counted 170,000 miles in my log and now I'm over 200,000. All non-quality miles, 80 % of miles are walking.

When I go out with you, it's like you're a rock star. Everyone knows you, wants to talk to you, and you're an inspiration to many. Tell me about some of the people you've inspired?

Some say I inspired a character named "Skinny Ginsberg" in the book, "Jetpack Dreams: One Man's Up and Down (But Mostly Down) Search for the Greatest Invention That Never Was" by Mac Montandon.

(A review is here: http://www.nytimes.com/2008/10/26/nyregion/thecity/26face.html?_r=1)

I was interviewed on NPR for 10 day race a few years ago. You never know who you'll inspire with running. Frank Deleo said I was his idol and made shirts with my picture on them. You never know who you will influence.

What are your running goals?

I have no goals, I'm getting slower with every event. I'm thinking of switching from the 10 day to 6 day. I'm getting to old, too used up. It doesn't bother me, it bothers other people though. At the last NYC Marathon people were shocked that I was in the last wave. They don't think I should start in the last wave, but they don't understand I'm doing a 4:30-5 hr marathon.

Sri Chinmoy once said "walking is meditation". I believe it now. It keeps you out of trouble. I drink much less, I don't have sex.

What do you enjoy outside of running?

Baseball is my favorite sport. In high school I played 5 different leagues. I watch boxing and football, a little hockey. I don't follow running at all. I don't know a winner of the marathon since Salazar, I find running boring.

Do you have any messages to other runners?

Since my first colonoscopy I've been on a campaign to get people to have them. Three of the five people I've influenced so far have had polyps.

It's very important. It's not that bad, it's just a drink, an inconvenience. Take the day off work when you're having one.



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www.srichinmoyraces.org