

BPAC Buffalo, NY 6 Hour Distance Classic

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

First Race in Western New York 2010 Ultra Series (www.wny-ultra.org)

Other races in the series are:

Highland Forest 1,2,3 (30M), Finger Lakes Fifties (50M & 50K),

Green Lakes Endurance Runs (100K & 50K), CanLake50 (50M & 50K) and Mendon Trail Runs (50K)

WHEN: Sunday, April 25, 2010 at 8:00 a.m. sharp.

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

WHAT: Run or walk as far as you can, for up to six hours. All timing stops at 2:00 p.m.

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

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

AWARDS: finisher medals for top 30 finishers

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



RACE REGISTRATION and NUMBER PICK-UP

- Sunday, April 25, 2009, 7:00 to 7:30 a.m., northeast corner of Pepsi Center parking lot.

REGISTRATION FEE: • \$25 U.S. / Canadian: prior to April 24, 2010
• \$30 U.S. / Canadian on race day prior to 7:30 a.m.

- Checks made payable to the "Buffalo Philharmonic Athletic Club."
Mail completed applications to Susan Devlin / PO Box 894 / Orchard Park, NY 14127.

POST RACE PARTY: 2:30 to 4:30 p.m. under the shelter at the start line.

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

RACE APPLICATION [Please print]

_____	_____	_____
Last Name	First Name	MI

Number and Street		
_____	_____	_____
Town / City	State	Zip Code
_____	_____	_____
Phone Number	Age	Male / Female

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

Participant's Signature _____ Date _____

Parent / Guardian _____ Date _____
(if participant is under age 18)