

Just a Run in the Park



2018 Umstead 100 Mile Endurance Run Blake Norwood Memorial Awards

Offered only to Active Duty Members of the Armed Forces

Blake Norwood was the founder of the Umstead 100 Mile Endurance Run, Race Director for 20 years until his retirement in 2014, and a retired Army Colonel who served with regular and reserve Army units. His vision to have an ultra which would encourage new runners to adopt the sport has resulted in the Umstead 100 becoming one of the most recognized hundred mile runs in the ultra-running community.

In honor of Blake's commitment to the U.S. Armed Services, the North Carolina Ultra Running Association has established the Blake Norwood Memorial Awards.

Criteria:

- All armed service members are eligible (Army, Air Force, Navy, Marine Corps, Coast Guard, and National Guard Units).
- Candidates must be on active duty on the day of the Umstead 100 Mile Endurance Run.
- Entrants must register for the 100 mile.
- Entrants must agree to meet the race qualifying criteria specified on the Umstead 100 Mile Endurance Run 2018 Registration policy. See <http://www.umstead100.org/registration.html>.
- Entrants may not have previously been awarded the Blake Norwood Memorial Award.
- Everyone is welcome to apply. We do not discriminate regarding gender, race, rank, religion, political affiliation, or economic status.

Process:

- Complete race registration and award application must be received by the race director by August 17, 2017. Email entry forms to RaceDirector@umstead100.org.
- Candidates' names will be placed in a container and the names of 2 males and 2 females will be randomly selected on August 19, 2017.
- Award winners and non-winners will be notified by email no later than August 20, 2017, allowing time for all non-winners to participate in our regularly scheduled race registration.

Award Includes:

- Race entry fee
- Pre-race dinner for runner and 2 crew members
- Buckle or pendant for 1st time Umstead 100 finishers
- T-shirt and choice of any item from Umstead Volunteer Store at Race Headquarters
- Acrylic Finishers Award

Contact:

Rhonda Hampton, Race Director
919-801-6153 / RaceDirector@umstead100.org

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Name: _____ Birthday: _____

Branch of Service: _____ Duty Station: _____

Rank: _____ Will you be on Active Duty on Race Day? _____

Street Address: _____

City: _____ State: _____ Zip: _____

Telephone: (_____) _____ M/F: _____ Age on Race Day: _____

E-mail Address: _____ 100 Mile PR: _____

Name and phone number of emergency contact: _____

Qualifying Race: _____ Time: _____ Date: _____

Will the 2018 Umstead 100 Mile Run be your first 100 mile finish? _____

Shirt size: S ___ M ___ L ___ XL ___ Number attending pre-race dinner? _____

Rent a cot or cabin?

\$10 for a single cot in a multi-occupancy cabin with other runners (max 3) that you may not know.
Number of single cots in multi-occupancy cabin: _____ (payment due *at check-in*)

\$10 per person in a group cabin for a runner and their crew.
Number in group cabin (max 4 cots per cabin): _____ (payment due *at check-in*)

Waiver and Understanding:

I realize there are significant risks, both known and unknown, associated with participating in this event. In consideration of your accepting this entry, I hereby, for myself, my heirs, and my executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event, including but not limited to the North Carolina Ultra Running Association, North Carolina Roadrunners Club, Race Management, Umstead State Park, race volunteers, and all race sponsors while participating and traveling to or from the 2018 Umstead 100 Mile Endurance Run. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event. **I have read and understand this waiver and take sole and complete responsibility for my participation in the 2018 Umstead 100 Mile Endurance Run. I understand runners and their crew are expected to be familiar with and comply with the information contained in the "2018 Race Information Packet."**

Date: _____ Signature: _____

Send entry to: RaceDirector@umstead100.org or Rhonda Hampton
Race Director
4937 Tuckahoe Trace
Wake Forest, NC 27587