

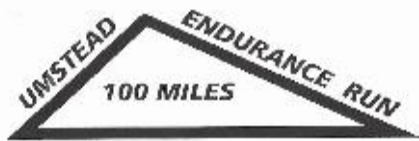
JUST A RUN IN THE PARK



THE TWENTY-FOURTH ANNUAL UMSTEAD 100 MILE ENDURANCE RUN

- Date:** Saturday, April 7, 2018 at 6:00 AM, EDT
- Time Limit:** 30 hours; one cutoff at 87.5 miles - 26 hours (8:00 Sunday)
- Location:** Umstead State Park, near Raleigh and Cary, North Carolina.
Maps and lodging information are in the "Race Information Packet" and on the website.
- Contact:** Rhonda Hampton Race Director
4937 Tuckahoe Trace (C) 919-801-6153
Wake Forest, NC 27587 Email: racedirector@umstead100.org
- Course:** The course consists of a 12.5-mile loop/spur on packed powdered trails through Umstead State Park. Outstanding running surface. Beautifully wooded, rolling terrain. Eight loops equaling 100 miles with 8000 feet of climb. Public vehicular traffic, primarily race/crew vehicles, is allowed on 0.4 mile of the course.
- Aid Stations:** Two main aid stations with wide variety of food and beverage will be available at two-manned aid stations and six additional, unmanned, "water only" stations per loop. We take great pride in our aid stations and believe they are "second to none". The Red Cross will arrange medical assistance at the Headquarters Aid Station.
- Qualifying:** Applicants for the 100-mile event must have completed a 50-mile race within the time limit allowed for that race or 50 miles or more in a 12 hour race, since January 1, 2016 or provide other proof of adequate conditioning and/or suitable running history. Locally and given the rugged nature of each, the 40 Mile Uwharrie Mountain Run and the 40 Mile Mount Mitchell Challenge are also accepted as qualifiers. We accept your word, on the entry form, if you are running a qualifier subsequent to your registration for the Race.
- Entry Fee:** The entry fee is \$180. Return this form along with entry fee to the Race Director. **Make checks payable to the North Carolina Ultra Running Association**. No refunds after February 1. Refunds prior to February 1 will be less a \$40 administration fee. Entry fee includes race support, a race tee-shirt or a race hat, a finisher certificate and a Friday night spaghetti dinner. First time finishers of the Umstead 100 will receive either a distinctive belt buckle or ladies silver pendant. Acrylic triangle completion awards may be ordered after the race.
- 50 Mile Option:** This race is conducted primarily as a 100 mile run, however, for those who begin the race and finish 50 miles or more, we will report the 50-mile time to UltraRunning and Ultra Signup. 50-mile completion awards may be ordered after the race.

Website: www.umstead100.org



2018 UMSTEAD 100 MILE ENDURANCE RUN ENTRY FORM

(Competitive, Race volunteers, "500/1000 Mile Club" members, and 2nd Chance Lottery Entries Only)

Except for competitive entries, this form must be received NLT September 22, 2017. Non-selected entry checks will be shredded unless accompanied by a self-addressed stamped envelope.

Name: _____ Birthday: _____

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? _____

Have you previously registered for Umstead 100 under a different last name, if so, what was it? _____

Check the category of entry: Competitive ___ Volunteer ___ 500/1000Mile Club ___ 2nd Chance lottery ___

Which would you like: ___ Race Hat or ___ Race Tee shirt – Mark shirt size desired: S M L XL

If you would like to order additional tee shirts or hats, enclose an extra \$15 for each and note tee shirt size.

If driving, will your car remain parked for the duration of the race? (circle one) YES NO I will not have a car

How many will eat Friday night supper with us at Camp Lapihio? _____

Want to rent a bunk or cabin? See website for bunk/cabin information

Rental - Enclose \$10 for single bunk or \$10 per person in group cabin.

Single bunk in multi-occupancy cabin _____ or Group Cabin (2 or more) Number in cabin? _____

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 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: Rhonda Hampton, 4937 Tuckahoe Trace, Wake Forest, NC 27587