



St Louis Ultrarunners Group Presents

Spirit of the Osage 50K / 20K Endurance Run

Date: Sunday, October 17, 2010

Start Time: 8:00 am

Time Limit: 10 hours

Location: 1590 State Highway HH Chamois, MO 65024 From St. Louis; take Highway 44 west to Highway 50 Exit. Go west on Highway 50 to Highway 89 North (right turn). Go 7 miles to Highway HH, turn right. Go 3.1 miles to the race location

From Jefferson City, Take Highway 50 East through Linn, go left on Highway 89 North. Go 7 miles, turn right on Highway HH, 3.1 miles to the race location.

Course: This is a hilly loop course. The 50K has a first loop of 11.7 miles, and then followed by two 9.7 mile loops. The 20K is one loop. Each race will have a short out and back. The 50K does the out and back once. The course is an equal mix of paved and gravel roads. The roads will not be closed, but traffic is very light.

Registration: The fee is \$40 for the 20K and \$60 for the 50K, if received by September 17th, 2010. Thereafter add \$10 for each. All entrants will receive a confirmation via email. No refunds. No race day entries, race limited to 200 runners. \$10 discount to SLUG members. Must be at least 18 to enter.

Packet pickup: Will be on Saturday, Oct. 16, 2010 4pm until 7pm at Settle Inn, Linn, MO and on Sunday at the race location from 6:30 a.m. until 7:45a.m.

Awards: Belt buckles for the 50K finishers. Finisher medals for the 20K finishers. Over-all and age group awards 18-39, 40-49, 50-59, 60+

Aid Stations: Aid stations will be approximately every 3 to 3.5 miles. Runners will be provided with Water and sports drink.

Host Hotel: Settle Inn 1639 Highway 50 East Linn, MO 65051

www.settleinn.com/linn-mo-settle-inn.html

There is **NO** shuttle to the race site.

Jefferson City area hotels: (approximately 30 miles from the start)

Fairfield by Marriott 573-761-0400

Ramada Inn 573-636-5101

Comfort Suites 573-636-0300

Holiday Inn Express 573-634-4040

Bed & Breakfast in Bonnots Mill: Dauphine's 100 Iris Ave, Bonnots Mill, MO 573-897-4144

Information: Contact David or Victoria White at home, 573-763-5035 or by email at

slugrd@yahoo.com or visit the website: www.stlouisultrarunnersgroup.net

Your participation in this race makes you eligible for the Eastern Missouri Ultra Series.

Details on the SLUG web site: www.stlouisultrarunnersgroup.net

Race Results: Complete race results will be available on the SLUG home page at www.stlouisultrarunnersgroup.net Results for the 50K will also be sent to Ultrarunning magazine

Checks: Make checks payable to: **Slug Races.**

Send to: David & Victoria White

1590 Highway HH

Chamois, MO 65024

T-Shirt Size: _____ Small _____ Medium _____ Large _____ X-Large

Sex: _____ Male _____ Female

Date of Birth _____/_____/_____ Age on 10-17-2010 _____

Race Entered: _____ 20K _____ 50K

First Name: _____ Last Name _____

Address: _____

City, State, Zip: _____

Email Address: _____

Amount enclosed : _____ (\$60 for the 50K, \$40 for the 20K, before Sept. 17th \$70 & \$50thereafter)

Waiver: I the undersigned, certify that I am physically fit, and capable of participation in this event. And I assume full responsibility for any injury or accident which may occur during my participation in the Spirit of the Osage 50K / 20K runs, and I hereby release and hold harmless the St. Louis Ultrarunners Group, Osage County, The State of Missouri, and all other persons and entities associated with this event. I hereby grant permission to the St. Louis Ultrarunners Group to provide my name address and photograph to any of our sponsors to be used in any publication.

Signature: _____ **Date:** _____