



ST. LOUIS ULTRARUNNERS GROUP PRESENTS
Flatlanders 6/12 Hour Runs

Date: SUNDAY August 31, 2008 Start Time 7:30 a.m.

Location: Fenton City Park, Fenton MO. Larkin Williams Road, off of Bowles Avenue.
Turn right on Sweaney Drive into Fenton Park to the first Shelter on the right.

Course: A 1.40 mile paved bike path, around Fenton City Park. Runners will run loops until
Time is called.

Registration: \$30 for 6 hour, \$35 for 12 hour. Before August 1, after \$40 for 6 hour and
\$45 for the 12 hour. No entries after August 20, 2008 Participants must be age 18 or older to enter.
\$10 discount for SLUG members.

Race is limited to 70 runners.

Packet Pickup: Saturday August 30, 2008, from 12:00 to 6:00 pm at Shelter #2
Sunday from 6:30 a.m. to 7:15 a.m. at Fenton City Park.

Awards: First Place Male/Female in each event, Master, Senior, and Grand Master.
Medals to all participants who complete 26.2+ miles

Race Results: Complete race results will be available on the SLUG home page
At www.stlouisultrarunnersgroup.net Results will also be sent to Ultra Running magazine.

Your participation in this race makes you eligible for the Eastern Missouri Ultra Series
Details at www.stlouisultrarunnersgroup.net

Aid Station: There will be one fully stocked aid station. Runners will be provided with an adequate
supply of Gatorade, water, pretzels, bananas, potato chips, cookies and boiled potato's.

Hotels: Pear Tree Inn (636)343-8820 @I-44 Bowles Ave or 800-325-0720
Drury Inn (636)343-7822 @I-44/Bowles Ave
Holiday Inn Express (636) 349-4444 @I-44/Bowles Ave
Stratford Inn (636) 343-5757 800 S. Highway Drive
Fairfield Inn (636) 305-1500 1680 Fenton Business Park Court

Most of the above lodging is located off of the Bowles Avenue Exit in Fenton Missouri.
Restaurants at this exit include, cracker Barrel, Denny's White Castle, McDonalds and
Sonic.

Information: Contact David White, email slugrd@yahoo.com , Phone 573-763-5035
Or Lee Hess email Ljhess@sbcglobal.net

Make Checks payable to: **Slug Races**

Send to David White

1590 Highway HH
Chamois, MO 65024

T-Shirt Size ___Med ___Large _____X-Large

Sex: ___ Male ___ Female Date of Birth ___/___/___ Age on 8-31 _____

Race Entered: _____6 Hour _____12 Hour

I pledge to give \$_____ per mile or a fixed amount of \$_____ to the Muscular Dystrophy Association. (Please make separate pledge checks payable to MDA)

Waiver: I the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the 6/12 Hour runs, and I hereby release and hold harmless the St. Louis Ultrarunners Group, the City of Fenton, the Fenton City Parks, 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.

First Name _____ Last Name _____

Address: _____ Phone # _____

City, State, Zip _____

Email address _____

Signature: _____ Date _____

12 Hour Records: (miles)

Male

Open Eric Herdman (39) NV (2007) 77.45
Master Dann Fisher (42) KS (2005) 68.43
Senior Don Frichtl (50) IL (2006) 74.38
Grand Master Tom Reich (64) MO(05) 51.1

Female

Open Christine Crawford (36) WI (2006) 69.41
Masters Kimmy Riley (44) AR (2005) 54.2
Senior Robin Kokjohn (51) IA (2007) 59.55
Grand Master Joyce Yarger (62) IL (2006) 35

6 Hour Records (miles)

Male

Open Michael Adams (37) KS (2007) 46.30
Master Paul Schoenlaub (46) MO (2006) 44.75
Senior Don Frichtl (51) IL (2007) 41.80
Grand Master Tony Kramer (61) (2007) MO 36.25

Female

Open Becky Leahy (31) MO (2005) 37.9
Master Carrie Besselman (43) MO (2005) 36.65
Senior Amy Wind (52) MO (2007) 35.50