

26th. Annual Ruth Anderson 50K, 50M & 100K Ultra races Saturday, April 21, 2012 at 6:30 a.m.

Presented by the Bay Area Ultra Runners (BAUR) in honor of Ruth Anderson, a pioneering runner who ran her first 100K on this course in 1976.

Course: A mostly flat, certified 4.475-mile loop on groomed dirt or asphalt path around scenic Lake Merced in San Francisco, California. The races start in the parking lot at the north end of the lake at the foot of Sunset Boulevard. Runners will enjoy two aid stations per lap stocked with water, electrolytes, and a selection of foods.

Format: Runners will be allowed to choose their distance during the race, but a runner can only be a finisher in one race. Once reaching 50K or 50M, a runner can stop or continue. If the runner stops, he/she is a finisher in that race and his/her tag will be pulled. Choosing to go beyond the 50K / 50M distance makes the runner an entrant and competitor in the next longer event. Complete race information will be sent with race entry.

Fee: \$50 if postmarked by April 14, 2012; \$60 thereafter. Online entry deadline is noon on Friday, April 20, 2012 (the day before the race). Race Day registration is \$60. If you have run Ruth Anderson in the past you are entitled to a \$5 returning runner discount off your early or late registration fee. If you are a 2011 PA/USATF age-group season champion, you are also entitled to a 50% discount. Registration is also available online at <http://ultrasignup.com/register.aspx?did=14511>

Cutoff: There is an 11 hour cutoff at the 50M mark for 100K runners. Times will be recorded for all runners at 50K and 50M.

Awards: This is a PA/USATF Grand Prix event with souvenirs to all starters and age group awards three deep in all events. You must be a PA/USATF member to qualify for points and awards. To join visit <http://www.pausatf.org/>.

**If you're unable to run come and volunteer! There will be warm food and friendly faces.

Make checks payable to: "RAJEEV PATEL".

Mail to : Rajeev Patel, 1388 Pinehurst Sq., San Jose, CA 95117 / (408) 838-8911/ RajeevTheRunner@yahoo.com

Name _____ Age on race day _____ Sex _____

Address _____ City _____

State _____ Zip _____ Phone _____ PA/USATF # _____

Club Name _____ Email _____

T-shirt size: _____

First Ultra Marathon? Y N Ultras completed _____

ALL ENTRANTS MUST SIGN WAIVER: In consideration of accepting this entry into this event, I the undersigned, do hereby for myself, my executors and administrator, waive and release any and all rights and claims for damages I may have or acquire against any beneficiaries, organizers, sponsors, advertisers, employees and Federal, State and local governments or private parties on whose property this event may be run, or any and all injuries suffered by the participant due to participation in the event. I further assume any and all financial responsibility that may be incurred in the event I require emergency evacuation from the racecourse, including but not limited to air evacuation. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race, and my physical condition to run this event has been verified by a licensed medical doctor. I understand that Race Management reserves the right to enforce race rules intended for the safety of runners and/or may create new race rules, as required during the event.

Signature: _____ Date: _____