

ULTRARUNNING MATTERS PRESENTS



Mind The Ducks 12 Hour

Saturday May 12, 2012 7 AM – 7 PM
Seneca Park, Rochester NY

Timed race on USATF certified course. Competitors will have 12 hours to complete as many loops as possible, only full laps counting at the end. Chip timing provided by Yellow Jacket Racing. Race proceeds will benefit the Irondequoit Community Cupboard.

Packet Pickup: Pre-race, 6:00 AM – 6:45 AM under aid tent. Technical MTD logo race hats provided to each registrant. There will be no race day registration!

Course: USATF certified .4901 mile asphalt foot path surrounding Trout Lake in lower Seneca Park. Runners will travel counter clockwise around the lake. Course is very flat and free of traffic. Start / finish / lap line on the west side of the lake. See map on website: mtd12hour.org

Aid: One aid station at lap line will provide a wide variety of customary ultra food / drink throughout the day.

Entry fee: Postmarked by 4/12/12 - \$60, postmarked by 4/30- \$70, postmarked 5/09- \$80. Paid members of Ultrarunning Matters, Inc. receive \$10 discount. There will be no refunds given if a runner cannot participate. 85 Runner field cap, check website for availability!!

Awards: Overall male and female plus top 3 in open, masters, and vets categories

Post race party: Wegman Lodge immediately following the race for racers, crew and volunteers

Information: mtd12hour.org, contact Shelley Viggiano @ 585-615-1258, e-mail- shelley@mtd12hour.org

Entry Form

Name: _____ Age (race day): _____ Sex: _____

Address: _____ Phone: _____

Email: _____ Entry fee (circle one) \$60 \$70 \$80 UM member? Y / N _____

Make checks payable to Ultrarunning Matters Inc. Mail application to: Shelley Viggiano 200 Pinewood Trail Rochester, NY 14627. Participants must be 18 or older on race day. Entries postmarked after 5/09/12 will not be accepted!

WAIVER: I, the undersigned, accept full responsibility for myself and any injuries I may incur during this race. I have read this application and fully understand that participating in this event may be dangerous to my health. I have trained sufficiently for this event. I intend to be legally bound hereby for myself, my heirs, executors and administrators, and waive and release all rights and Claims for damages I may now or in the future have against any of the race organizers, sponsors, the County of Monroe, Ultrarunning Matters Inc., volunteers, or any agency within the State of NY.

Date:

Signature: