



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

Date: Sunday, September 2, 2012 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 July 20, after \$40 for 6 hour and
\$45 for the 12 hour. No entries after August 29, 2012 Participants must be age 18 or older to enter.
\$10 discount for SLUG members. No Transfers of entries to another person. No Refunds.

Race is limited to 75 runners.

Packet Pickup: Saturday September 1 , from 12:00 to 5:00 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

Entry Information and 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

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 Lee Dougherty 60 IL (2010) 73.54
Golden Senior: Norm Yarger (72) IL (2011) 47.9

Female

Open Christine Crawford (36) WI (2006) 69.41
Masters Tracy Thomas (48) IL (2010) 69.35
Senior Robin Kokjohn (51) IA (2007) 59.55
Grand Master Joyce Yarger (68) IL (2011) 39.65
Golden Senior Carol Westerman (73) KY (2011) 26.6

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
Golden Master Tom Reich (70) MO (2011) 28.57

Female

Open Jamie Pusateri (25) MO (2008) 39.08
Master Carrie Besselman (43) MO (2005) 36.65
Senior Amy Wind (52) MO (2007) 35.50
Grand Master Mary Ann Wagner (65) 2011 14.0