



St Louis Ultrarunners Group Presents
Spirit of the Osage 50K / 20K Endurance Run
6th Annual

Date: Sunday, October 21, 2012

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 the Jefferson City 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, on right side of road.

From Jefferson City, Take Highway 50 East through Linn, go left on Highway 89 North. Turn right on Highway HH, 3.1 miles to the race location, on right side of road.

Course: This is a hilly loop course. The 50K has a first loop of 11.7 miles, 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 only 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 August 20th, 2011. Thereafter add \$10 for each. No refunds. **No Race Day entries, race limited to 120 runners.** \$10 discount to SLUG members. Must be at least 18 to enter. No Transfers of entries to another person. Registration is also on Active.com

Packet pickup: Will be on Saturday, Oct. 19, 2012 from 12 p.m. until 6pm at the Race location and Sunday at the race location from 6:15 a.m. until 7:45 a.m.

Awards: Finisher Medals for all 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 573-897-9903
www.settleinn.com/linn-mo-settle-inn.html

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

Jefferson City area hotels: (approximately 35 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 10-16-2011 _____

Race Entered: _____ 20K _____ 50K

First Name: _____ Last Name _____

Address: _____

City, State, Zip: _____

Email Address: _____

In case of emergency contact: _____

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

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, the 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:** _____

Records:

50K Men

Open : Christopher Sandefur 24, MO 3:48:04 2011

Master: Scott Holder, 49, MO 4:09:15 2010

Senior: Scott Holder, 50 MO 4:16:16 2011

Grand Master: Lee Dougherty, 60 IL 4:47:11 2011

Golden Senior: Norm Yarger 72, IL 7:50:05 2011

50K Women

Open: Nicole Burgdge 37, MO 5:08:40 2011

Master: Casey Ulman, 40, MO 5:33:24 2010

Senior: Barbara Winston, 50 MO 5:42:58 2010

Senior: Diane Gephardt 54, MO, 5:42:58 2010

20K Men

Open: David Carlson 22, IL 1:28:21 2010

Master: Gary Blatter, 47, MO 1:28:26 2010

Senior: Ed Whittington 50, MO 2:02:51 2010

GrandMaster James Gephardt 60 MO 2:07:36 2010

20K Women

Open: Stephanie King 22, MO 1:49:01 2011

Master: Lori Blatter, 44, MO 1:59:34 2010

Senior: Carol Izadi, 51, MO 2:30:03 2010

GrandMaster Joyce Yarger, 67, IL 3:36:56 2011