



Kansas' First & Oldest Trail Ultra 16TH ANNUAL FLATROCK 2010 50K & 25K ENDURANCE TRAIL RUNS

Saturday, September 25th, 2010
Elk City Reservoir, Independence, KS
50K / 7:30 AM • 25K / 8:30 AM

EARLY REGISTRATION ENCOURAGED • REGISTRATION LIMITED
ENTRY FEE INCLUDES

1. DRI-BALANCE RUNNING SHIRTS	3. KANSAS STYLE POST-RACE CHILI FEED
2. PRE-RACE PASTA GRUBFEST	4. UNIQUE FINISHERS AWARDS

START & TIME LIMIT: 50K / 7:30 AM start; 10-hour time limit • 25K / 8:30 AM start; 9-hour time limit

COURSE: Elk River Hiking Trail. Accurately measured forest trail winding through unique limestone bluffs, rock formations & picturesque vistas. Single-track, out & back, very rocky, no long hills.

AID: 9 Aid Stations in the 50K--5 fully-stocked with water, electrolyte drink & snack-type foods, 4 water only. 3 Aid Stations in the 25K--2 fully stocked, 1 water only. Approximate distance between aid stations is 3.5 miles with no distance greater than 4 miles between aid stations in either event.

ENTRY: \$70/50K & \$60/25K if postmarked by Sept. 7th, 2010; \$80/50K & \$70/25K from Sept. 8th through Sept. 24th, 2010. *DRI-BALANCE SHIRTS GUARANTEED ONLY TO ENTRIES POSTMARKED BY SEPT. 7th, 2010. NO RACE DAY REGISTRATION OR REFUNDS. RACE LIMITED TO 125 COMPETITORS FOR BOTH RACES COMBINED.*

CHECK-IN: Race headquarters will be located in the Outlet Channel Group Shelter (north side of the dam). Pre-race registration & packet pick-up will be held from 3-6 PM on Friday evening Sept. 24th. Immediately followed by an "eat until you can hardly walk" pasta dinner. Late packet pick-up Saturday Morning, Sept. 25th from 6:30-8 AM.

POST-RACE: Midwestern-style chili feed and presentation of awards will be held from 1-7 PM on Saturday evening Sept. 25th in the Outlet Channel Group Shelter. Awards ceremony will begin at 6:30 PM.

AWARDS: First overall male & female, plus unique awards to all finishers. "Flat Rock Hall of Pain" lifetime cloth race bibs to ten- consecutive year finishers.

FACILITIES: Campsites (with & without electricity) & showers are available near starting line (Army Corps of Engineers/620-336-2741). Motels in Independence approx. 7 miles away (Independence Chamber of Commerce 620-331-1890).

CONTACT: FRIENDS OF FLATROCK FOUNDATION • Eric Steele • 5920 E Central, #205 • Wichita, KS 67208-4241 • Phone: 316.258.9602 • WWW.FLATROCK50.ORG

MEALS: All entrants are invited to the pre-race pasta dinner & post-race chili feed. One guest will be served free; additional guests are \$5 each for either meal.

PLEASE PRINT VERY CLEARLY (ESPECIALLY EMAIL) SO WE MAY SEND YOU CONFIRMATION OF YOUR ENTRY HASSLE-FREE. THANK YOU!

Name: _____ Email: _____ Race Entry Fee: = \$ _____

Address: _____ Event: 50K _____ 25K _____ Extra Shirts List Size(s): _____

City: _____ State: _____ Zip: _____ Qty: _____ x \$20.00 = \$ _____

Phone#: _____ Shirt Size: S M LG XL

Age on 9/25/10: _____ Num. of ultras completed: _____ Gender: M F

Previous Year(s) Finished FlatRock: _____ Qty: _____ x \$5.00 = \$ _____

Waiver: In consideration of acceptance of this entry, I release for myself and my heirs, THE FRIENDS OF FLATROCK FOUNDATION, the Road Runners Club of America, the City of Independence, the Kansas Department of Wildlife and Parks, the Army Corps Engineers, and any sponsor or organizer of this race, from all claims, demands, liabilities, damages, or causes of action, of any nature, including claims from death, injury or illness, arising out of my participation in the FlatRock 50K or 25K. I state that I have trained and am in proper physical condition to participate in this event. I hereby grant full permission to use my name and any photograph, videotapes, or other record of this event for any purpose. Furthermore, I grant irrevocable permission to race management to remove me from either event, at any time, for any reason whatsoever, solely at race management's discretion.

Signature: _____ Date: _____ Post-Race Chili: (one free guest) Qty: _____ x \$5.00 = \$ _____

Minimum age of participation: 18 years on 9/25/2010

TOTAL: = \$ _____

Make checks payable to FRIENDS OF FLATROCK FOUNDATION & mail to 5920 E. Central #205, Wichita, KS 67208