

# The 36th JACK BRISTOL/LAKE WARAMAUG ULTRAS

THE RACE IS RUN IN MEMORY OF JACK BRISTOL

## "AMERICA'S OLDEST 100K!"

**APRIL 25th, 2010**  
**7:30 AM**

**Lake Waramaug State Park**  
**New Preston, CT 06777**

The course is slightly rolling loops around scenic Lake Waramaug. There is a 2.2 mile out and back at the beginning of the race for all runners. The 50K runners will then do three 7.6 mile laps around the lake followed by a 1.9 mile out and back to the finish at the State Park. The 50 mile runners will complete six laps around the lake and finish at the State Park. The 100K runners will do seven laps around the lake followed by a 2.3 mile out and back to finish at the State Park. All three of the races are USATF certified.

### Distances

**50 Kilometers, 50 Miles, 100 Kilometers**

### Certification

**CT89002DR CT89003DR CT96001WN**

### AID STATIONS

There will be four well stocked aid stations around the Lake and there will be post race food and drinks for all runners.

## REGISTRATION FEES & DEADLINES

Registration will be \$40.00 (non-refundable) up until April 19th, 2010. Post entry will be \$45.00.

Check-in will be at the Lake Waramaug State Park from 6:30 am until 7:25 am.

You may NOT park at the Lake Waramaug State Park the night before the race, as the park is not yet open for the season.

**Mail Registration to: Carl Hunt / P.O. Box 67 / Roxbury, CT 06783**

## ONLINE REGISTRATION

is available on <http://www.active.com>

**Additional Information: Carl Hunt 860-355-8847 [ email: [huntcarl@sbcglobal.net](mailto:huntcarl@sbcglobal.net) ]**

---

## MAIL IN REGISTRATION FORM

**Do not mail after April 19th, 2010**

PRINT OR USE ADOBE ACROBAT TO FILL OUT FORM

In consideration of the acceptance of the entry, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against and any and all associate parties and sponsors, for any and all injuries suffered by me at this event. I attest and verify and that I am physically fit and sufficiently trained to participate in this mid winter 50k, 50 mile or 100k race.

PRINT NAME OR TYPE:

STREET:

CITY:  STATE:  ZIP:  PHONE #:

EMAIL:  Male Age:  Female Age:  T-Shirt: S M L XL

PREFERRED RACE: 50Km 50 Miles 100Km

SIGNATURE: \_\_\_\_\_

Your Application will be returned if it is not signed or your age is missing.  
You must be 18 years of age or older to sign for yourself. Thanks and Good Luck!!!

**Mail Registration: Carl Hunt / P.O. Box 67 / Roxbury, CT 06783**

