

RHODE ISLAND 6HR



ULTRAMARATHON & RELAY
November 15, 2009 – 8:00 AM

Location: Warwick City Park – Steven O'Connor Blvd, Warwick, RI 02886

Course: Wooded, Paved Bike Path, slightly rolling hills. Loop approximately 3 miles long.

Pre/Post Race: Refreshments provided.

Aid Station: One fully stocked Aid Station per loop

Ultra Details: Time limit 6 hours. Runners complete as many loops as they can within the 6 hour limit. Most miles accumulated wins!

Pre-registration only: \$40 before 6/1/09, \$50 before 10/1/09, \$60 before 11/13/09
Each runner will receive long sleeve technical shirt and race packet

Relay Details: Time limit 6 hours. Relay runners complete as many loops as they can within the 6 hour limit. A team can consist of 2 to 6 runners. Each runner can complete as many loops as they wish. Team with most accumulated miles wins! Wrist bracelet must be passed to each runner at exchange area.

Pre-registration only:

2 Person Team: \$40 before 6/1/09, \$50 before 10/1/09, \$60 before 11/13/09
3 Person Team: \$60 before 6/1/09, \$70 before 10/1/09, \$80 before 11/13/09
4 Person Team: \$80 before 6/1/09, \$90 before 10/1/09, \$100 before 11/13/09
5 Person Team: \$100 before 6/1/09, \$110 before 10/1/09, \$120 before 11/13/09
6 Person Team: \$120 before 6/1/09, \$130 before 10/1/09, \$140 before 11/13/09
Each runner will receive long sleeve technical shirt and race packet

Number Pick-up: Starting at 7:00am 11/15/09

Awards: Ultra Division: 1st, 2nd, & 3rd Male and Female

Relay Division: 1st, 2nd, & 3rd Overall Teams

Cause: Please bring your used shoes, which will be donated to Soles4Souls www.soles4souls.org

Timing and Scoring: Organization Plus Road Race Management Services

For more information see: www.ri6hour.com

Rhode Island 6 Hour Registration Form: Mail to RI 6 Hour, 1038 West Shore Road, Warwick RI, 02889.
Make checks payable to Tuesday Night Turtles.

ULTRA DIVISION

Name _____ Age _____ Sex _____ Shirt Size _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-Mail _____ Club _____

In consideration of this entry being accepted, I hereby for myself, executors, administrators, waive and release any and all rights and claim for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning there from. I further state that I am in proper physical condition to complete this race.

Signature: _____ Date _____

RELAY DIVISION

Team Name: _____

CAPTAIN/RUNNER 1:

Name _____ Age _____ Sex _____ Shirt Size _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-Mail _____

In consideration of this entry being accepted, I hereby for myself, executors, administrators, waive and release any and all rights and claim for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning there from. I further state that I am in proper physical condition to complete this race.

Signature _____ Date _____

RUNNER 2:

Name _____ Age _____ Sex _____ Shirt Size _____

E-Mail _____

Signature _____ Date _____

RUNNER 3:

Name _____ Age _____ Sex _____ Shirt Size _____

E-Mail _____

Signature _____ Date _____

RUNNER 4:

Name _____ Age _____ Sex _____ Shirt Size _____

E-Mail _____

Signature _____ Date _____

RUNNER 5:

Name _____ Age _____ Sex _____ Shirt Size _____

E-Mail _____

Signature _____ Date _____

RUNNER 6:

Name _____ Age _____ Sex _____ Shirt Size _____

E-Mail _____

Signature _____ Date _____