



**Saturday October 9, 2010  
100 & 50 Mile Cross Country Run  
Cassoday, Kansas  
6:00 AM Start**

**COURSE:** A 50-mile out and back course on backcountry gravel roads with less than one mile of paved surface for the 100-mile race. The 50-mile is an out and back on a portion of the Heartland 100 course. Much of the course meanders through open range with stunning views of the vast expanse of the Flint Hills tallgrass prairie. The 100-mile course has rolling hills and 6,000 feet of climb. Cassoday is located off Interstate 35 and is 34 miles south of Emporia and 22 miles north of El Dorado. The two nearest commercial airports are in Wichita (55 miles southwest) and Kansas City (146 miles northeast).

**AID:** Twenty-two aid stations for the 100-mile and twelve for the 50-mile. Crew access is available at nine locations for the 100-mile and three for the 50-mile. Fourteen of the aid station can be used for drop bags.

**WEATHER:** Normal high of close to 70 and a normal low in the upper 40's. This is Kansas, be prepared for all extremes as the record highs have been around 90 and record lows in the upper 20's.

**CUTOFFS AND TIME LIMIT:** Heartland 100: 30-hour time limit and a 14-hour cut-off for the 50-mile turnaround. Heartland 50: 14-hour time limit.

**CHECK IN:** Check-in from 3PM to 6PM on Friday October 8, 2010 in Cassoday. Meal will be served at 5PM for the runners and one guest. Additional guests are welcome at a cost of \$15 per person.

**AWARDS:** T-shirts to all entrants. Overall awards and custom designed belt buckles to all 100-mile finishers. The 50-mile race will have finisher's awards and overall awards.

**ENTRY:** \$120/100 mile and \$60/50 mile entry fee if received by August 1, 2010, thereafter, \$140/100 mile and \$70/50 mile. No race day entry. \$5 discount to Kansas Ultrarunners' Society members. **Entry limits are 100 entrants for the 100 Mile race and 40 entrants for the 50 Mile race.** Make checks payable to **Kansas Ultrarunners' Society**. No refunds, but we will transfer the entry to the next year's race, (we will only transfer one year) if the race directors are notified by September 1, 2010. Unless specifically requested, the race information contained on the website will serve as the official race packet of information and can be printed from the pdf files on the website.

**CONTACT:** Randy Albrecht, 7826 Westlawn Court, Wichita, KS 67212, (316) 721-8512, or Tony Clark, 6029 W 34<sup>th</sup> St N, Wichita, KS 67205, (316) 253-6915  
E-mail [heartlandrd@ksultrarunners.org](mailto:heartlandrd@ksultrarunners.org) or visit the Kansas Ultrarunners' Society web site at [www.ksultrarunners.org](http://www.ksultrarunners.org)

# ENTRY FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone # \_\_\_\_\_ Shirt size (Circle) S M L XL

Age on 10/9/10 \_\_\_\_\_ Sex: M F

Number of Ultras completed: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Race Entry (Check race)

\_\_\_\_\_ Heartland 100-mile (\$120 before 8/1/10, \$140 thereafter) \$ \_\_\_\_\_

\_\_\_\_\_ Heartland 50-mile (\$60 before 8/1/10, \$70 thereafter) \_\_\_\_\_

Additional guest meals \_\_\_\_\_ x \$15 \_\_\_\_\_

Meals for entrants and one guest are included in the entry fee.

Additional shirts for crew \_\_\_\_\_ x \$15 \_\_\_\_\_

Size(s) S/ \_\_\_\_\_ M/ \_\_\_\_\_ L/ \_\_\_\_\_ XL/ \_\_\_\_\_

Total \$ \_\_\_\_\_

Please indicate how many will be attending the Pre race meal \_\_\_\_\_

Name and Address of Person to Contact in case of an emergency:

Name	Address	Phone #	Relationship
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**WAIVER:** In consideration of acceptance of this entry, I release myself and my heirs, The Kansas Ultrarunner's Society, the Road Runners Club of America, the City of Cassoday, the Counties of Butler, Chase, Greenwood and any sponsor or organizer of this race, from all claims, demand, liabilities, damages or causes of action, of any nature, including claims from death, injury or illness, arising out of my participation in the Heartland 100/50 mile race. 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 the event at any time, for any reason whatsoever, solely at race management's discretion.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Minimum age of Participation: 18 years on 10/9/10

**Please sign, date and return the waiver.**

**Make checks payable to Kansas Ultrarunners' Society and mail to:**

Randy Albrecht  
7826 Westlawn Court  
Wichita, KS 67212