

Big Dog Backyard Ultra (4-mile Run)

What: This is a different sort of Ultramarathon, where neither the time, nor the distance is predetermined. The race will take place on a 4-mile trail loop. Beginning at 7:00 AM on October 19, 2013, a single loop race will take place at every hour, on the hour. Runners failing to complete a 4-miler within an hour will be timed out. Runners failing to make the start in any hour will be eliminated. The winner will be the last man (or woman) able to complete a loop within the time limit.

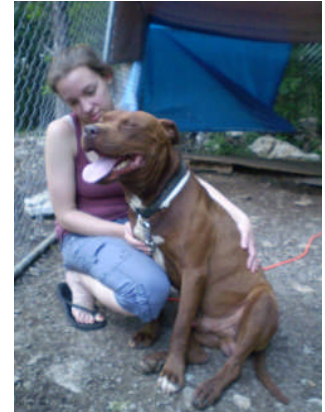
When: Start 0700 October 19, 2013: Finish determined by the last man standing

Where: 5125 Millersburg Rd, Bell Buckle, TN 37020

Why: for an intriguing new challenge in ultrarunning

Fee: \$50 (not refundable)

Entry Limit: 50 runners



Other:

. Technical "big dog" T-shirt to all entrants

. post-run showers

. free tent camping at start-finish

. electronic timing

. free use of porta-potties

. Alternate Road course during full darkness

. free chiggers

. Entrants must provide own aid. Water available

. sun in the morning and the moon at night (weather permitting)

. mike o'melia will possibly be here (modest charge for autographs)

. several stobs have been removed from the path

. Campfire party with Food and Drinks provided

(from the first drop till the finish)

. We will race till only one man is standing.

Name:

Street:

Age:

City:

Gender:

State

Predicted number of hours:

I am aware that running a trail ultramarathon is a risky activity.

I realize that every trail is hazardous, especially the big dog backyard loop.

I promise to run responsibly, and to stop rather than place my health in jeopardy.

I accept full responsibility for my attempt to run the big dog.

Print your name:

Signed:

Date: