INDOOR ULTIMATE RUNNER
March 30, 2013 @ 1 pm
Order of Events – 1 Mile – 400M – 800M – 60M – 3,000M on track

Come out and join us for the inaugural running of the Indoor Ultimate Runner, to be hosted at JDL Fast Track in Winston-Salem, NC. Run on the 200m Mondo track on the same surface used in the 2012 London Olympics. All runners will be seeded based on their best mile time within the last 12 months.

The field is limited to the first 120 runners who register and pay the entry fee. Registration closes on March 22, 2013 or when the field limit is reached, whichever comes first.

There will be some minor differences between the indoor and original versions, so please pay attention.

REGISTRATION DETAILS: Entry fee is $50 per person, which includes the post-race party.

SPECTATOR ADMISSION: Spectators ages 6 and over are admitted for $5. This entitles you to entrance into the post-race party. This can be paid at the door and isn't required prior to the event. Spectators will be limited to the bleachers and will not be allowed on the infield of the track. Bleacher capacity is over 1,200 seats on the homestretch and backstretch.

AWARDS AND AWARDS CEREMONY: All finishers will receive a Champion tech shirt with logo for this edition of the Indoor Ultimate Runner. Scoring for the Indoor Ultimate will be different. Each person's time in an event will be scored on the WAVA tables. You will be given an age-graded percentage, which becomes your score. At the end of the day, the person with the MOST points wins. We will be offering prizes to the top five male and female WAVA scores, as well as the top male and female WAVA score in each event. **Prizes are to be determined.** Medals will also be provided to the top male and female in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. WAVA scoring will be tabulated using your age on RACE DAY!

The post-race party will begin approximately 30 minutes after the last event. The awards presentations will commence as soon as the results are tabulated. The awards will take no longer than 30-45 minutes! Post-race party will include beer and barbecue.

RUNNER CHECK-IN: All runners must check in at the clerking table in the infield no later than 12:00 PM on race day. At that time, final bib numbers and heat assignments will be made. Failure to report by 12:00 PM will result in forfeiture of race number.

RACE DAY LOGISTICS: The time between events will vary depending on the event and what heat you're in. Start to finish, the entire event should last approximately 5 hours. See the chart below for the number of heats and athletes per heat per event.

	Mile	400	800	60	3k
# Athletes per heat	12	6	12	8	24
# heats	10	20	10	15	5

In addition to your mile seed time that will be used for official seeding, please provide an estimate of your 400 and 60m times for seeding those events within heats. **Spikes are limited to ¼" pyramid or Christmas tree spikes. Spikes will be checked at runner check-in. Replacement spikes will be available for sale at the concession area for $6 for runners who do not have the proper spikes.** No starting blocks will be allowed in any of the events.

Fully automatic timing will be provided by Timing Inc. of Cherryville, NC.

LOCATION: JDL Fast Track is located at 2505 Empire Drive in Stratford Industrial Park, approximately 2 miles west of Hanes Mall Boulevard. Take Stratford Road west towards Clemmons. At the Sheetz, turn left at the stoplight onto Kimwell Drive. JDL Fast Track will be at the corner of Kimwell and Empire Drive. Athletes and spectators may enter through either the front or rear entrances to the facility.

Complete and return to: Indoor Ultimate Runner, c/o JDL Fast Track PO Box 1395, Winston-Salem, NC 27102

Registration fee: $50

First Name:_____ MI: ____ Last Name: _____ Sex:_____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: (_____) _____ - _____ Birthdate (MM/DD/YYYY): _____ Age on Race Day: _____

Email Address: _____ T-Shirt S M L XL

Mile Time: _____ 400 Estimate: _____ 60 Estimate: _____

Emergency Contact Name and Phone: _____

Waiver: I know that participating in this event is a potentially hazardous activity. I know that I should not enter and run in this event unless I am medically able and properly trained. I assume all risks associated with participating in this event, including, but not limited to, falls, the condition of the running surface, contact with other participants and spectators, all such risks being known and appreciated by me. Having read this waiver and agreeing to its terms, and in consideration for the acceptance of my entry, I (for myself and any other person for whom I am entitled to act) release JDL Fast Track LLC and its officers, agents, and volunteers from all claims and liability of any kind related to or arising out of this event.

Athlete Signature: _____ Date: _____

Parent/Guardian if under 18: _____