

13th Annual McDonald Forest Ultramarathon 50K



OREGON TRAIL ULTRAMARATHON SERIES RACE

Saturday
May 10, 2008 @ 8:00 AM



Place:

Race begins at the Forestry Cabin in Peavy Arboretum. Six miles north of Corvallis

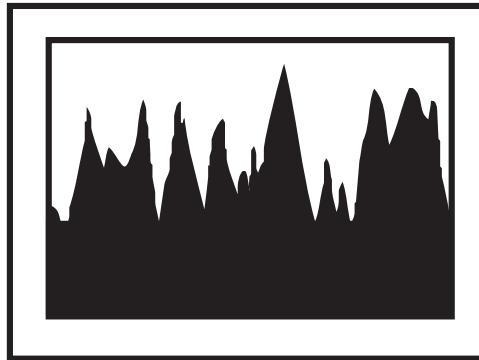
Course and Conditions:

Single track trails and logging roads in OSU's McDonald Forest. Very challenging course has 6,700 feet of elevation gain and scenic views of the Cascades, Coast Range and Soap Creek Valley on a sunny day, otherwise plenty of mud!

Aid Stations:

Five aid stations will provide water, electrolyte drink, fruit, potatoes, energy bars, etc. One drop bag site. A post race meal is included.

Details will be sent in the confirmation letter by April 1st



Web Site: www.mac.oregontrailseries.org

Series Web Site: www.oregontrailseries.org

Course Records:

Overall Female: Meghan Arbogast • 4:47:56 (2004)

Female Master: Meghan Arbogast • 4:47:56 (2004)

Overall Male: Todd Braje • 3:54:58 (2007)

Male Master: William Emerson • 4:23:29 (2004)

Age Group Records on the Web
2007 Results: 168 Starters 160 Finishers

For more information contact:

Ken Ward & Scott Leonard, Race Directors

e-mail: scott.leonard@oregonstate.edu

Entry:

\$55 entry fee includes high performance shirt. Must be received by April 1, 2008. \$65 late registration. \$30 refund if requested by April 1, 2008. \$70 day of race registration RACE IS LIMITED TO 250 ENTRANTS

Rules:

Eight hour time limit. (Nine hours with early start) Early start at 7 AM only. No pets on the course.

Awards:

Awards are given to the first three women and men overall, the first three women & men masters (40+) overall & all ten year age group winners.

Complete race results will be available on the web.

Name: _____ Age: _____ Sex: F M
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: home () _____ emergency contact #: () _____
 E-mail: _____ Early start? Yes No
 T-shirt size: S M L XL XXL Is this your first ultramarathon? Yes No

In consideration of acceptance of my entry in this race: I hereby agree to comply with the rules, considerations, and regulations of the event and instructions of the race director. I am aware that an ultramarathon run is difficult and hazardous for even well conditioned athletes under the most favorable conditions. I hereby attest and certify that I am physically fit and sufficiently trained for this race. I hereby for myself, my heirs, executors and administrators, waive, release and discharge the race, its director, its volunteers, sponsors, Starker Forests, City of Corvallis, and Oregon State University from any and all claims and/or liability for any damage, for any and all injuries to me or my property, or for liability for damage caused by me or anyone else arising from my participation in this event and related activities. I will assume and pay for my medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

Signature: _____ Date: _____

Make checks payable and mail to McDonald Forest Run,
 P.O. Box 216, Corvallis, Oregon 97339
 Confirmations will be mailed or e-mailed to all entrants by April 1, 2008