BPAC SIX-HOUR DISTANCE CLASSIC

25th Anniversary — Buffalo, NY

First Race in Western New York 2005 Ultra Series (www.wny-ultra.org)

WHEN: Sunday, April 17, 2005 at 8:00 a.m. sharp. Run or walk as far as you can, for up to six hours. All timing stops at 2:00 p.m. Partial laps at the end of the race will count, but only if the runner completes a full lap.

WHERE: Buffalo, Delaware Park, at Parkside Drive and Route 198. Start is near the "Boy and His Dog" statue.

COURSE: 1.77 mile, traffic free, paved laps of Delaware Park, USATF certified.

AID STATION: Every 1.77 miles, with water, gatorade, cookies, and bananas.

AWARDS: • Certificates for all finishers. • Prorated times for all marathon distance finishers.
• All competitors with at least 15 laps will be listed in *Ultrarunning Magazine*.
• Results will be mailed to all finishers and will be posted on the web.

PRE-RACE REGISTRATION and NUMBER PICK-UP
• Sunday, April 17, 2005, 7:00 to 7:30 a.m., near the "Boy and His Dog" statue, Delaware Park.

REGISTRATION FEE: • $25 U.S. / $35 Canadian: prior to April 17, 2005
• $30 U.S. / $40 Canadian: on race day prior to 7:30 a.m.
• Checks in U.S. currency made payable to the "Buffalo Philharmonic Athletic Club." Checks in Canadian currency made payable to "Carl Pegels."

POST RACE PARTY: 2:30 to 5:00 p.m., pizza party, at Bob & John's La Hacienda, 1545 Hertel Avenue, Buffalo.

Western New York Ultra Series: The other races in the series are the Finger Lakes 50 Mile, the Canandaigua Lake 50 Mile, and the Mendon 50K Trail Race.

For additional information, contact: Carl Pegels / 150-D Arielle Court / Buffalo, NY 14221
Home: 716-689-9018 / Work: 716-645-3259 / E-mail: cpegels@buffalo.edu

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RACE APPLICATION [Please print]

_____ _____ _____
Last Name First Name MI

_____
Number and Street

_____ _____ _____
Town / City State Zip Code

_____ _____ _____
Phone Number Age Male / Female

Release: In consideration of your accepting my entry and permitting me to attend or participate therein, I intend to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may now or in the future have against the Buffalo Philharmonic Athletic Club, the City of Buffalo, or their representatives, agents, members or assigns for any and all losses and/or injuries from competing in or attending said run. I verify that I am physically fit, and have trained sufficiently for this race.

Participant's Signature_____ Date_____

Parent / Guardian_____ Date_____
(if participant is under age 18)