

HALLUCINATION 100 MILE - 4PM START (FRIDAY)

L^{ong}.S^{low}.D^{istance} 100K - 4PM START (FRIDAY)

PEACE LOVE AND 50 MILES - 6AM START (SATURDAY)

100 MILES, 100K & 50 MILES ARE SERIOUS EVENTS ... THAT WE TAKE

SERIOUSLY, MAN: Running Fit is known for fun themes and wild events but behind the fun and hype, expect a safe, well run race. You work hard to get to the starting line and we understand your commitment and want you to know our commitment to you is just as serious. Thank you for putting your faith in our event; you are one far out groovy freak!

DATE/TIME - RACE, REGISTRATION: The Hallucination 100 Mile & LSD 100K events will start on Friday, September 24 at 4:00 pm, EST. Yikes! The Peace, Love & 50 Miles will begin on Saturday September 25 at 6am. Race registration will begin at noon on Friday, September 24 at Hell Creek Ranch and race morning (Saturday Sept 25) from 5AM – 5:30 AM.

QUALIFYING: There are no formal qualifications for this event except good judgment as to your fitness for such an event. The cut off times will be strictly enforced.

TIME LIMIT: There will be a 30-hour time limit for the 100 Mile & 100K distances, and a 15 hour time limit for the 50 mile distance. At no point in the event will you be allowed to continue if not on pace.

MANDATORY EVENT SWITCHING: Racers not on pace to finish within the time limit will be switched to a different race distance. If you (have to) switch, you will not be eligible for any awards but will be listed in the race results and receive a medal for the race distance you complete.

100 Mile:

- Completed 50 miles (3 loops): scored as 50 Mile finisher; time recorded as of 3rd loop completion
- Completed 67 miles (4 loops): scored as 100K finisher; time recorded as of 4th loop completion

100 K:

- Completed 50 miles (3 loops): scored as 50M finisher, time recorded as of 3rd loop completion

50 Mile:

- Completed 33 miles (2 loops) scored as 50K finisher, time recorded as of 2nd loop completion

VOLUNTARY EVENT SWITCHING: You can voluntarily choose to drop at the Start/Finish area and be scored as described above.

COURSE: The course is repeat 16.6-mile loops comprising 6 miles of single track Potawatomi trail in the beautiful Michigan wilderness, a couple of miles of gravel road and the remainder on a mixture of single track, horse trail and rail trail. Besides the stretch on gravel, you'll cross paved roads 2 times each loop; there will be no traffic control and your safety will be your responsibility. The Start/Finish line is located at Hell Creek Ranch, in Pinckney, MI. 100 Mile does 6 loops, 50 Mile does 3 loops, 100K does 3 loops PLUS a 12 mile version of the 16.6 mile loop (follow the signs!!!)

AWARDS: 100 MILES GETS YOU A BELT BUCKLE, 100K & 50 MILES GET YOU A MEDAL.

Also a very nice certificate of completion to all, available online after the race.

Groovy first place overall awards for men and women in all events!

AID STATIONS: Aid will be at two manned and one (sometimes if not always) unmanned aid station (that you will hit twice) for each 16.6-mile loop....so if yer countin' you will encounter aid roughly every 4 miles. The manned station will serve everything under the sun (and moon!). Soups, sandwiches The list is long, and posted at the end of this tome. Unmanned stops will have water, Gatorade and a few other surprises if not stolen.

CREWS: Crews are welcome but are not necessary for this race. Access to the runners is at the aid stations only. (Please don't drive on Kelly Road south of the Grace Aid Station; you'll interfere with the runners.) **Crew members are allowed on the course to pace their runner anytime after the 2nd loop. Pacers must wear a "Pacer/Runner Number" bib and must check in and out at the main aid station at Hell Creek Ranch. You will be given your pacer bib at that time. Crew members may not use bikes on the course at any time.**

DROP BAGS: Drop bags will be at the Start/Finish area and at Richie's Haven so you'll have access to your bags about every 8 miles. The drop area at the Start/Finish is under a 20 by 20 tent to keep them dry. Also at the Start/Finish you'll be able to place your own drop bag and anything you want access to; your stuff will be where you put it!. We'll have chairs set up for changing footwear or just to collapse in. Richie's Haven drop bags will be brought back to the start/finish semi regularly (about every 4 hours or so) so we suggest you only put items in that bag that you don't need back at the start/finish...and that you may or may not want to retrieve after the race.

ACCOMMODATIONS/FOOD/AIRPORT: Motel listing, location, and phone numbers are shown on the general information page. The park is about an hour drive from Detroit Metro Airport. Renting a car is your best bet to get around. This year, everything (and we do mean EVERYthing) will take place at the start/finish at Hell Creek Ranch! You can get a site in the commune right at the start/finish! We're still "hashing" out the price....watch the websites for updates!!! We will be putting 4 people at every site....Heck, it's a commune, but you don't have to share sleeping bags if you don't want!

SUNRISE/SET: Sunrise – 7:27 AM - Sunset – 7:25 PM (Plus a half hour of civil twilight before and after those times.) (100M/100K will have about 4 hours after the start to see the whole 16.6 mile loop before it gets totally dark.)

MEDICAL CHECKS: There will be no medical checks before, after or during the race. Each entrant is responsible for knowing his or her own physical limitations. We encourage each entrant to get a complete physical before participating in this race. The Red Cross will be available at the Start/Finish area. If in the opinion of the race director or aid station captains, your physical or mental condition deteriorates to the point of endangering your safety, you will be withdrawn from the race.