

**6 and 24 hours Michel-Gouin
hosted by Ultra-marathon Michel-Gouin
Drummondville 22th-23th May, 2010**

DESCRIPTION OF 6 AND 24 HOURS
(maximum of 50 runners)

Saturday, May 22th, 2010

Registration, and bib numbers pick up will be at Centre Communautaire et Récréatif St-Jean Baptiste (CCRSJB), located at 114, 18th Avenue, Drummondville. (corner St Damase)

Place, direction, dates and starts time

Coming from Montreal or Quebec city :Highway 20: Exit boul Lemire. Then, take the street St-Damase to the left and turn to the right on the 18th avenue. Coming from Sherbrooke or Vermont : Highway 55: Exit boul. Jean-de-Brébeuf until the boul Lemire. Then, take the street St-Damase to the right and turn to the right on the 18th avenue.

Piste Claude-Béland - Centre Communautaire et Récréatif St-Jean-Baptiste

24 hrs start : Saturday, May 22th, 2010 at Noon

6 hrs start : Saturday, May 22th, 2010 at 1h00pm

Running info :

402,336-metre lane on very fine gravel.

We are changing direction every 6 hrs

Every runner can stop running or walking, during the time he wishes but he has to notify at his lap counter ...However, we have to remind that this the runner with most kilometre will be declared winner.

At the end of 6 hours and of 24 hours, we will give you a small bag of sand to calculate the additional metres which you will have done.

On place, they will find :

Lap counter table, board for ranking and chrono, first aid.

Refreshments: water, energy drink, coffee, soft drink, soup, oatmeal, bread, fruits, potato chips, chocolate, peanut butter, sandwiches, pretzels, etc).

Indoor facilities. They can also fix a tent outside, beside the track.

6 hours and 24 hours awards:

Trophies for Winner Men and Women. A sport t-shirt for runners who registred before April 23th

24 hours cost :

Before October 30th : 65\$

Before Dec 25th 2009: 75,00\$

Before Feb 26th 2010: 95,00\$

Before March 23th 105\$

Before april 23th 2010: \$115,00\$

The same day: 135,00\$

ACU MEMBER : \$5 discounts

06 Hours cost :

40,00\$

60,00\$

80,00\$

90,00\$

100,00\$

120,00\$

ACU MEMBER : \$5 discounts

Additional information: Chantal Morin Internet site: www.michelgouin.com e-mail: michelgouin2001@yhao.ca

Registration form

I register in 06 hours or in 24 hours hosted by Ultramarathon Michel Gouin. By the present I clear the organizers, the volunteers, the partners and the Centre Communautaire et Récréatif St-Jean Baptiste of any responsibilities in my respect. I declare to have the physical capacities to fulfil the race. I authorize the medical personnel to intervene according to their competences if necessary.

I register in (check): 6 h _____ 24 h _____

First name: _____

Person to contact if necessary: _____

Last name: _____

Address: _____

Telephone: _____

City: _____

Payment to :
Ultramarathon Michel Gouin
138 Lapointe Street
Drummondville J2C-1Y6

Zip code: _____

Telephone: _____ Number of ACU MEMBER: _____

Signature : _____ E-mail : _____

Sex: H F Date of birth: _____
(year / month / day)