

# 3rd Annual Yooper Eco-Mile 1st Annual Yooper Eco-Quarter

Date: August 1-31, 2010

Location: Upper Peninsula athletic track or hometown track

DISTANCE: **Eco-Mile: 1600 METERS** (Note: Most tracks are 400 meters, therefore the distance of 1600 meters is covered in 4 laps. Some tracks may be of other distances, so it is the athlete's responsibility to ascertain the correct distance and markings of the track.); **Eco-Quarter: 400 METERS**

ENTRY FEE: NONE

AGE GROUPS: One year age groups for male and female competitors (age on race day)  
Number of competitors by county and hometown will also be tabulated

AWARDS: Imaginary (or make your own)

## RULES

OPEN TO UPPER PENINSULA ROAD RUNNERS CLUB MEMBERS and UP RESIDENTS

Competitor must be timed by another person who is positioned at the start/finish

Males and females must run separately and ages 17 & under must run separately from 18 & older

Pacing is NOT allowed

Only one entry per person is allowed for each distance (athlete may run as many attempts as desired)

Contact Person: Bill Sved Phone 906-361-5059 E-mail Address BS50runner@gmail.com

## ENTRY

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Address \_\_\_\_\_  
Street City State Zip

E-mail Address \_\_\_\_\_ @ \_\_\_\_\_

Birthdate \_\_\_\_\_ Age on Race Day \_\_\_\_\_

**Eco-Mile** finishing time (Minutes, Seconds, Hundredths of Second) \_\_\_\_:\_\_\_\_.\_\_\_\_

**Eco-Quarter** finishing time (Minutes, Seconds, Hundredths of Second) \_\_\_\_:\_\_\_\_.\_\_\_\_

Date of Race \_\_\_\_\_ Track Location \_\_\_\_\_

Timer's Name (Last, First) \_\_\_\_\_

All entries must be submitted by E-mail to BS50runner@gmail.com (Deadline September 1, 2010)  
Results will be provided to www. UPRRC .org and *Running Amuck*.

## CONSENT AND LIABILITY WAIVER

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, effects of the weather including high heat and/or humidity, and other conditions. All of these risks are known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry, I hereby waive, for myself and my heirs, executors, administrators, and all representatives, all rights and claims for personal injuries while traveling to and from and participating in, and property damage occurring as a part of or during the course of the said athletic event and release the race officials, the Upper Peninsula Road Runners Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event.

Signature: \_\_\_\_\_ Parent Signature (under 18 years) \_\_\_\_\_

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The idea of this event is based upon my memory of a race of many years ago in which a 5K race was held at various locations in the U.S. and then mailed to a central site, and the race referred to as a Postal Run. Now whether or not any of this is accurate, I have not been able to confirm. But as one gets older, many memories have been lost, some retained, and some new ones made up. So on that basis, the Upper Peninsula Eco-Mile was born.

The Eco-Mile is in reality a 1600 meter race run on an athletic track. This distance was chosen to provide a distance race available to nearly all ages and abilities (including the ability to count laps). This distance will allow the competitors to run any number of trials during an entire month and from those submit their best time. The Eco-Quarter or 400 meters has been added as an additional distance for competition beginning in 2010.

As the name indicates, the race is designed to be eco-friendly, so travel to a distant location is not necessary. Having the opportunity to run on any day of the month makes it possible to combine the run at a location other than one's hometown with other travel. All forms and entries generated for the run will be via the internet, therefore eliminating the use of paper and postage. Results will also be posted at the UPRRC's website, and in Running Amuck which will provide results in print.

All Upper Peninsula residents and UPRRC members are eligible to participate.

So lace up the shoes and run! That's the buzz, from the BumbleBee!

Bill Sved  
BS50runner@gmail.com