

Lumberjack Endurance Runs

**Port Gamble, WA
April 10-11th 2010**

Eight 12.5 mile loops with three aid stations per loop (Start/Finish line included). 30 Hour "official" time limit, but this is open for negotiation depending on how the runner is doing... Terrain has no large climbs, greatest being at most, 300 ft. Mostly single track trail, with some fire road. ~ 1500ft of vertical per loop, for total elevation gain of 12,000 ft.

Official finishes for 50 miles (4 loops) and 100K (5 loops) as well.

Aid Stations will have typical Ultra-food (Potatoes, Bananas, chips, cookies, candy, PB&J, soup, etc...), if you need something special, bring your own stuff for drop bags...

Entrance fee of \$50 includes technical short sleeve shirt. Free camping at start finish line with Sani-can availability. No running water though...

There may be finisher awards, depending on donations from local businesses.

Entry available at www.rootsrockrun.com

For more information contact:

poulsborunning@foxinternet.com or

jcstraub@comcast.net

GIANT FIR, ONE OF WASHINGTON'S BIG TREES