

Series Rules and Information

1. Each participant must complete an application and pay a \$20.00 fee. Membership period is 1/1/09 through 12/31/09. You need not be a California resident to participate.
2. Runners entering the series after a series race must have their paid entry to the series by the end of the quarter and will receive credit for all races within that quarter and through the end of the year.
3. Each race in the series is separate and independent. Each race director determines their own race fees, race date, number of entrants, and cut off times. It is each runner's responsibility to comply with those requirements. You can view a list of participating races and related information (web sites, contact information, etc.) at the series web site: www.socalultraseries.org
4. All series participants will be awarded points when they complete a series race. The runner must run the race on race day with everyone else, the runner must meet all the cut-offs as designated by the race entered, and the runner's results must be included in the official results by the race director. This means that you should be an active participant at series races. Be sure you understand each race's markings, cut offs, and be sure your finish is recorded at the finish line.
5. Points are tabulated for each race using this formula: 100 mile, 100k, 50 mile, or 50k: Individual's time divided by the winner's time that decimal is multiplied by the distance in miles. 12/24 hour: In a 12/24 hour event the runner's miles are divided by the winner's miles (to establish a percentage) then multiplied by the maximum possible points (100 in a 24 hour/ 50 in a 12 hour). If the winner runs less than 100 miles in a 24 hour or 50 miles in a 12 hour that distance will be used to calculate total points. The maximum points on any 24 hour run is 100 points and 50 points for 12 hour runs.
6. Separate standings will be kept for men and women.
7. A maximum of the best of six races within the series will be calculated in the final standings. Certificates will be awarded to all members completing six or more races.
8. Series divisions are: Open 1 (29 and under), Open 2 (30-39), Masters (40-49), Seniors (50-59), Super Seniors 60-69), and Veteran Seniors (70-79). There is an award for Overall Points Champion for both men and women. There is also an award for Mileage Champion for both men and women. Depth of age group awards is as follows: First Place, Second Place with four or more in the division, Third Place with six or more in the division.
9. A runner's age for the entire year is her/his age on January 1st.
10. If you have questions regarding the series, contact Gary Hilliard at gary@mtdisappointment50k.com
11. The Series is currently trying to recruit a shoe sponsor for 2009. Please check back soon.

Continued on next page

12. USA Track and Field Cash Awards Structure and Limits:

- i. To be announced soon

Projected Series races for 2008 are:

Avalon Benefit 50 Mile
50k Calico Trail Run
Twin Peaks Ultra 50/50
Orange Curtain 50k and 100k
Lake Hodges 50k
Old Goats 50k/50 Mile
Leona Divide 50 Mile
Wild Wild West 50k
PCT 50 mile Trail Run
Bishop High Sierra 50 Mile/50k

Shadow of the Giants 50k
Holcomb Valley 33 Mile
Mt. Disappointment 50k/50 Mile
Bulldog 50k
Angeles Crest 100 Mile
Noble Canyon 50k
San Diego 100 Mile
Santa Barbara 9 Trails
High Desert 50k