

The logo for Newton Store Center, featuring the word "NEWTON" in a large, bold, red font with a yellow dot in the 'O', and "STORE CENTER" in a smaller, red font below it. The entire logo is enclosed in a red rectangular border.

NEWTON Q50 ULTRA MARATHON COSTA RICA 2010

<ULTRAMARATHON>

The logo for the Q50 Trail Run Races Costa Rica. It features a large green letter 'Q' on the left, followed by the number '50' in white inside a red square. Above the '50' is the text "TRAIL RUN" and below it is "RACES". At the bottom, it says "COSTA RICA".

Date: Sunday May 30th 2010

Place: Aventuras del Sarapiquí, Chilamate de Sarapiquí, Heredia

4 categories:

50 miles individual \$80 per person

50 miles relay 2x25 \$100 per team

25 mile individual \$50 per person

Fun Run 15km \$25 individual per person

Limited to the first 200 or last date to get entry: Friday may 14th 2010

IMPORTANT INFORMATION

Entry fee: Official "dry fit" shirt, finisher medal, ambulance and medical assistance, basic insurance, 8 check/assistance points (PC) with water, hydration, and food, pre-race pasta dinner and environmental project donation.

Course: The course will be 96% on dirt, gravel, fire roads, with some forested areas and some small river crossings. The rest 4% will be on paved road and roadside trail. For the 50 mile category, the course will be a figure "8" starting at the Aventuras del Sarapiquí warehouse heading south for the first 25 miles. The 25th mile relay and PC is located at the same place as the start line, 50 milers will head north at this point for the next 25 miles. The Fun Run category will also make a loop, but different.

Mandatory pre-race meeting: Saturday May 29th 7PM at Selva Verde Lodge (host and sponsor and located less than 1/2 mile from race start) in the conference room.



UltraCostaRica.com



Mandatory: The use of water bag , hand held's or similar device for the 50 mile, relay and 25 mile categories, the race number should be in a visible place at all times. It is mandatory the use of the official shirt for the Fun Run category.

Assistance: There will be 8 check points (PC) along the course for the 50 mile, relay, 3 for the 25 mile, there you will find water, electrolytes, fruits, potatoes, sweet and salty cookies, etc...For the fun Run there will be 2 PC with water and electrolytes.

It is only permitted to get assistance on PC's, getting it a different place is reason for disqualification. There will be an ambulance and a doctor on call during the race. Each runner will be cover with a basic medical insurance.

Drop Bags: Every runner in the 50 mile category will have the option of having a drop bag that will be kept in mile 25. When you get there, you can have access to it, there you can have anything you might need for the next 25 miles, say extra shoes, socks, special food, change of clothes...once you use it, you leave it and keep running, at the finish line you will get it back..

Time limit: 50 miles and relay 12 hours. 25 miles 6 hours. Fun Run 3 hours. There will be cut off times at specific points on each category. More details will be given soon.

Prizes: Cash and sponsor gifts for the 1st place female and male 50 miles and relay general category. Sponsor gifts for the 1st place 25 mile and Fun Run.

Travel plans: If you need help planning your trip contact our sponsor www.sentircostarica.travel, sentir@sentircostarica.com lodging, private transport, car rental, before and after the race. Take advantage of the low season rates and get to feel more of Costa Rica!

MORE INFORMATION ABOUT THE RACE: WWW.Q50ULTRAS.COM, info@q50ultras.com



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