



FAB 5 FIFTIES



TRAIL RACE SERIES FOR 2008 OFFICIAL ENTRY FORM

The Fab 5 Fifties is comprised of races in the Upper Midwest of 50 kilometer and 50 mile distances only. A competitor will only have the best three 50 kilometer and two best 50 mile finishes counted toward their final totals, though one can compete in more than or less than either length or number of races.

One can enter just the series for \$15 or join the Upper Midwest Trail Runners for \$20 which covers the race fee and provides other benefits like free entry (a \$10 fee) in the granddaddy of trail running series in the region, The Minnesota Trail Running Race Series along with other discounts at races and retail.

5 FAB FIFTIES ULTRA TRAIL SERIES SCHEDULE

<u>DATE</u>	<u>ULTRA/DISTANCE</u>	<u>LOCATION</u>
April 12	Chippewa Moraine 50K	New Auburn, WI
April 19	Trail Mix 50K	Bloomington, MN
May 10	Ice Age 50K or 50 Mile	La Grange, WI
May 17	Superior Trail 50K	Lutsen, MN
July 5	Afton Trail Race 50K	Afton, MN
July 26	Voyageur Trail 50 Mile	Carlton, MN
Aug 23	Lean Horse 50 Mile	Hot Springs, SD

Sept 5-6 Superior 50 Mile
OR Superior Sawtooth 100 Mile (50 Mile Split)

Lutsen, MN

Oct 12 Glacial Trail 50K or 50 Mile

Greenbush, WI

Series Director Steve Quick comments, "Runners love a challenge and 'The Fab 5 Fifties' will certainly challenge all entrants. In return, finishers will win bragging rights, see beautiful scenery and meet wonderful, if somewhat dirty, people." Awards are expected to be handcrafted plaques completed with special care in a secret dungeon by Larry Pederson.

Standings will be posted at www.uppermidwesttrailrunners.com.
For more information, check the UMTR website, or contact series director Steve Quick at quick.steven@hotmail.com or 651-776-4081

----- CUT HERE ----- NOW GO TRAIL RUNNING -----CUT HERE-----
Application for the 2008 Fab 5 Fifties Trail Race Series

Name _____

Address _____

City _____

State/Country _____ Zip _____

Phone _____ e-mail _____

Age _____ Sex _____

Check One: UMTR Membership (\$20) _____

Fab 5 Series Only (\$15) _____

Make checks payable to: UMTR

Mail with application: Wynn Davis, W12240 850th Ave.,
River Falls, WISCONSIN 54022