



Run where the buffalo roam!

28th Annual Avalon Benefit 50 Mile Run

Saturday, January 17, 2009, 5:00 a.m.

One of the country's most challenging and scenic 50 milers - no cars, no smog - just great terrain, incredible views, fascinating historical sites, a well-organized race, nice people, great food and an occasional buffalo sighting.

REGISTER ONLINE www.avalon50.com



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START Crescent & the Pier, Santa Catalina Island

COURSE A 50 mile out-and-back on scenic fireroads from Avalon to the Isthmus and return. Run along an interior trail for a view of both sides of the island.

ENTRY FEE \$85 Run Entry \$27 Banquet Tickets

AGE GROUPS 18-29, 30-39, 40-49, 50-59, 60-69, 70+

RACE RECORDS MALE: Peter Park 5:48 (2002) FEMALE: Julie Arter 7:22:45 (2000)

GOODIES Long-sleeved T-shirt and finisher medal to each finisher.

AID Seven stations with water, Gatorade, defizzed cola, bananas, oranges, pretzels, M&Ms and Gummi Bears.

FOR MORE INFORMATION Spectrum Sports Management LLC (909) 399-3553 PHONE (909) 399-9779 FAX EMAIL: mike@spectrumsports.net



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Avalon Benefit 50 Mile Run 2058 N. Mills Ave. #454 Claremont, CA 91711



