



**Run where
the buffalo
roam!**

29th Annual
**Avalon Benefit
50 Mile Run**

Saturday, January 16, 2010, 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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Saturday, January 16, 2010, 5:00 a.m.
(12-hour cutoff, course will be closed at 5:00 p.m.)

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: info@spectrumsports.net



**spectrum sports
MANAGEMENT**
L L C

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