

# The Equalizer 6 & 24 Hour Runs

Sponsored by The Capital Striders



**Saturday, October 21, 2006 - 8:00 AM**

**Gray's Lake, Des Moines, Iowa**

## EVENT DESCRIPTION

This event is designed for three purposes. First, it will provide an opportunity for new and veteran runners to test themselves at an ultra distance. Second, performances will be scored using an age/sex "equalizer", providing the possibility of an overall victory to anyone who is normally competitive in their age group. Equalizers are determined based on age and gender. Overall awards will be distributed based on the total of actual distance plus the appropriate equalizer. Third, everyone has fun, and we mean everyone!

## EQUALIZERS

This event is designed so anyone competitive in his or her age/sex group could be the overall winner. The equalizers allow you to compete fairly with anyone you choose.

## COURSE DESCRIPTION

A 1.905 mile essentially flat loop, lighted asphalt path, circling Gray's Lake with splendid views of downtown. USATF certified # IA02004-MF.

## COURSE RECORDS & PRIOR WINNERS

6 Hour	Equalized Distance:	55.0 miles Gwenell Hobson, 2005	
	Actual Distance:	45.21 miles Eric Cogdill, 2001	
	Winners:	1996: Debi Bull, F33	2000: Jan Gillum F64
		1997: Carol Zazubek F49	2001: Sylvan Addink M59
		1998: Eugene Barker M68	2002: Lou Joline M70
	1999: Glen Zirbel M69	2003: Mike Bender M62	
		2004: Debi Bull F46	
		2005: Gwenell Hobson F57	
24 Hour	Equalized Distance:	149.9 miles Glen Zirbel 2003	
	Actual Distance:	114.3 miles Dann Fisher 2003	
	Winners :	2001: Bonnie Busch F43	2003: Glen Zirbel M72
		2002: Rolly Portelance M59	2004: Jan Ryerse M59
			2005: Glen Zirbel M74

## AID

There will be one aid station with water, sport beverage, fruit, and cookies, as well as soup for the 24 hour; **a runner should not rely solely on this for their aid.** Indoor toilets will be available; showers will not. Room will be available for tents, though camping the Friday night before is not permitted.

## ENTRIES ARE LIMITED

Entries will be limited to 100. Your entry will be confirmed by email.

## ENTRY FEE

Entry Fee is \$50 for the 6 hour, \$70 for the 24 hour. All entries must be postmarked by October 6, 2006. **ABSOLUTELY NO EXCEPTIONS!** Make checks payable to DAN BALDI.

## PRE-RACE DINNER

A pre-race dinner will be held at race headquarters, the Hotel Fort Des Moines, with conversation at 6:00 PM and dinner at 7:00 PM on Friday, October 20. Dinner is free for participants. Extra meal tickets are available for \$15 per person.

## AWARDS

T-shirts will be given to all entrants who complete at least a marathon, without equalizer. Awards based on distance plus equalizer will be given to the first 10 places in each event. One award will be given for longest actual distance in each event. The award ceremony will immediately follow completion of the race. Runners with pacers are not eligible for awards.

## EQUALIZERS FOR BOTH 6 and 24 HOUR (factor multiplied times actual distance; will be pro-rated to reflect exact age on race day.)

Age on				Age on				Age on		
Race Day	Male	Female		Race Day	Male	Female		Race Day	Male	Female
0-34	1.000	1.111		49	1.176	1.333		64	1.429	1.667
35	1.010	1.124		50	1.190	1.351		65	1.449	1.695
36	1.020	1.136		51	1.205	1.370		66	1.471	1.724
37	1.031	1.149		52	1.220	1.389		67	1.493	1.754
38	1.042	1.163		53	1.235	1.408		68	1.515	1.786
39	1.053	1.176		54	1.250	1.429		69	1.538	1.818
40	1.064	1.190		55	1.266	1.449		70	1.563	1.852
41	1.075	1.205		56	1.282	1.471		71	1.587	1.887
42	1.087	1.220		57	1.299	1.493		72	1.613	1.923
43	1.099	1.235		58	1.316	1.515		73	1.639	1.961
44	1.111	1.250		59	1.333	1.538		74	1.667	2.000
45	1.124	1.266		60	1.351	1.563		75	1.695	2.041
46	1.136	1.282		61	1.370	1.587		76	1.724	2.083
47	1.149	1.299		62	1.389	1.613		77	1.754	2.128
48	1.163	1.316		63	1.408	1.639		78	1.786	2.174
								79	1.818	2.222

## PACKET PICKUP

Packet pick-up will be at race headquarters, the Hotel Fort Des Moines (at the corner of 10th and Walnut in downtown Des Moines), on Friday evening from 6 PM to 7 PM, or at the start/finish area of the race beginning at 7am on the day of the race.

## CLIMATOLOGICAL DATA

Average High = Oct 64.3F; Average Low = Oct 42.7F; Record High = Oct 95F; Record Low = Oct 14F.  
Average Wind Speed = Oct 10.3 mph.

## QUESTIONS?

Contact Debi Bull via e-mail at RunBullDeb@aol.com, fax at 515-323-8567, or call Debi Bull at 515-277-4251 before 9:00 PM Central Time.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_  
(Must be at least 18)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Evening Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Race 6 hr \_\_\_\_\_ 24 hr \_\_\_\_\_

T-shirt size \_\_\_\_\_

# of Ultras Completed \_\_\_\_\_ Best Performance \_\_\_\_\_ # of extra meal tickets (\$15) \_\_\_\_\_

My current plan is to attend dinner Friday evening Yes \_\_\_\_\_ No \_\_\_\_\_

Anticipated Distance for 6 or 24 hours, in miles (without equalizer) \_\_\_\_\_

### **ATHLETE'S RELEASE - Your entry will not be accepted without your signature**

I the undersigned participant, intending to be legally bound, do hereby certify that I will be 18 years of age or older on 10/21/06, I am physically fit, and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in ultra running (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Equalizer 6 & 24 Hour Runs or any activities incident thereto against the organizers, Des Moines Parks and Recreation, Capital Striders, the City of Des Moines, sponsors, committees, or any individuals officiating, volunteering, or supervising such activities, as a condition of my participation.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_

Mail checks made out to **Dan Baldi** and mail entries to Dan Baldi, 515 Foster Drive, Des Moines, Iowa 50312.

The Equalizer

The Equalizer  
515 Foster Drive  
Des Moines, IA 50312

[www.equalizerrun.com](http://www.equalizerrun.com)