

**12 and 48 hours Michel-Gouin  
Organized by Ultra-marathon Michel-Gouin  
Drummondville September 03-04-05, 2010**

**DESCRIPTION OF 12 AND 48 HOURS  
(Maximum of 50 runners)**

**Friday, September 3th, 2010**

Registration and bib numbers pick up will be at Centre Communautaire et Récréatif St-Jean Baptiste (CCRSJB), located at 114, 18th Avenue, Drummondville. (Corner St Damase )

**Place, direction, dates, and starts time**

Coming from Montreal or Quebec city: Highway 20: Exit Boul Lemire. Then, take the street St-Damase to the left and turn to the right on the 18th avenue. Coming from Sherbrooke or Vermont: Highway 55: Exit Boul. Jean-de-Brébeuf until the boul Lemire. Then, take the street St-Damase to the right and turn to the right on the 18th avenue.

Piste Claude-Béland - Centre Communautaire et Récréatif St-Jean-Baptiste

48 hrs start: Friday, September the 03, 2010 at 12 h 00

12 hours start: Saturday, September the 04, 2010 at 7 h 00

**Running info:**

402,336-metre lane on very fine gravel.

Every runner can stop running or walking, during the time he wishes but he has to notify at his lap counter... However, we have to remind that the runner with most kilometre will be declared winner.

At the end of 12 hours and of 48 hours, we will give you a small bag of sand to calculate the additional metres which you will have done.

**On place, they will find:**

Lap counter table, board for ranking and chrono. First aid.

Refreshments: water, energy drink, coffee, soft drink, soup, oatmeal, bread, fruits, potato chips, chocolate, peanut butter, sandwiches, pretzels, etc).

Indoor facilities. They can also fix a tent outside, beside the track.

**48 and 12 hours awards:**

Trophy for the first women and first men and a t-shirt – 10<sup>th</sup> anniversary for runners who registered before the August 27<sup>th</sup> Special medal – 10<sup>th</sup> anniversary for all runners.

**12 Hour cost:**

Before February 26th: 60,00\$

Before April 30 : 70,00\$

Before June 25: 80,00\$

Before August 27 90,00\$

After and - The same day: \$110\$

ACU MEMBER : \$5 discounts

**48 Hour cost:**

Before February 26<sup>th</sup> : 80,00\$

Before April 30 : 90,00\$

Before June 25 : 100,00\$

Before August 27 : 110,00\$

After and The same day: 130,00\$

ACU member : \$5 discounts

**Additional information:**

Chantal Morin [www.michelgouin.com](http://www.michelgouin.com) e-mail: michelgouin2001@yahoo.ca

**Registration form**

I register in 12 hours or in 48 hours organized by Ultramarathon Michel Gouin. By the present I clear the organizers, the volunteers, the partners and the Centre Communautaire et Récréatif St-Jean Baptiste of any responsibilities in my respect. I declare to have the physical capacities to fulfill the race. I authorize the medical personnel to intervene according to their competences if necessary.

I register in (check): 12 h \_\_\_\_\_ 48 h \_\_\_\_\_

First name: \_\_\_\_\_

Person to contact if necessary:

Last name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

City: \_\_\_\_\_

Payment to :  
Ultramarathon Michel Gouin  
138 Lapointe Street  
Drummondville J2C-1Y6

Zip code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Number of ACU MEMBER: \_\_\_\_\_

E-mail: \_\_\_\_\_ Signature: \_\_\_\_\_

Sex: H F

Date of birth: \_\_\_\_\_  
(year / month / day)