



**NIAGARA Ultra 100 km, 50 km, Ultra-Marathon, Marathon,  
& Half Marathon  
(20th annual)**



**Date:** Sat. June 23, 2012

[Online registration](#) option

The 20<sup>th</sup> running of the Niagara Ultra-Marathon. A 100km, 50 km, Marathon and ½ Marathon foot race (traffic-free asphalt footpath) following the Niagara River Parkway from Niagara-on-the-Lake past Fort George and on to Niagara Falls and back. In continuous sight of the Great River and turning around at the Falls, this very fast course offers you the opportunity to run on a very scenic course steeped in Canadian and American history. This is event #5 in the 2012 Ontario Ultra Series (OUS).

**Certified Courses:** All races out and back. On 100% asphalt footpath with several road crossings. Relatively flat, along the Niagara Parkway in continuous sight of the great Niagara River. 100 km & 50 km race turning around at the Falls. As a certified race course this is a **Boston qualifier!**

**Walkers:** Walkers are welcome in each division as long as they can meet the 14 hr time limit. To be recognized as walkers, contestants must voluntarily adhere to competitive walking rules.

**Timing:** Chiptime results

**Start Time:** 6 am start for 100 km, 7 am start for 50km. 7:30 am start for marathon. 8:00 am start for half marathon. 8:30 am start for 10km.

**Race packet pick up:** Race day starting at 6:00 am, or Friday June 22, 2012 between 6:00 pm and 8:00 pm at Kinsmen Scout Hall. (No race day registration for the 100 km event.)

**Start location:** Kinsmen Scout Hall, Niagara on the Lake, ON

**Time limit:** 14 hrs for 100 km . (cut off times applied progressively.)

**Facilities:** Washrooms at start/finish and various locations on route, showers at finish.

**Aid Stations:** Every 5 km, plus St. Johns Ambulance mobile units.

**Fees:** 100 km - \$95 Cdn by May 31. after May 31 \$110 Cdn  
 50 Km - \$70 Cdn by May 31. after May 31 \$80 Cdn  
 Marathon - \$60 Cdn by May 31. after May 31 \$70 Cdn  
 1/2 Marathon - \$40 Cdn by May 31. after May 31 \$50 Cdn

Post race food vouchers for guests are \$10 Cdn

**Awards:** Awards for all races to top Male & Female Runner overall, and 1<sup>st</sup> Male & Female Runner in each age division (<25, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+). No duplication of awards. Walker awards to the 1<sup>st</sup> overall finishers in the ½ Marathon, Marathon, 50km. Sweatshirt to all race participants registered by May 31. A medal for all finishers of the ½ Marathon, Marathon, 50 km & 100 km races.

**Director:** Henri Ragetlie, c/o St. Catharines Road Runners and Walkers, P.O. Box 23004, RPO Carlton, St.Catharines, ON L2R 7P9  
 e-mail [sirius\\_runner@hotmail.com](mailto:sirius_runner@hotmail.com)

**Sponsors:** St. Catharines Road Runners and Walkers <http://www.welovetorun.com>

**Post race:** Post race food at Kinsmen Scout Hall with vouchers available for guests.

**Directions:** From any direction take QEW to Niagara-on-the-Lake (between Niagara Falls and St. Catharines). Take Niagara-on-the-lake exit and follow signs to Niagara-on-the-lake (Route 55). Turn right on Mary St and follow to King St. Kinsmen Scout Hall is on King St. opposite Mary St.

NIAGARA 100 km Ultra-Marathon, 50 km Ultra-Marathon, Marathon & Half Marathon.

Saturday June 23, 2012



MAIL IN REGISTRATION FORM

Cheques payable to **St. Catharines Road Runners and Walkers**

100 km  50 Km  Marathon  Half Marathon (Please mark x desired event)  
 Runner  Walker

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_ Postal/ZIP: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth MM\_\_\_\_ DD\_\_\_\_ YY\_\_\_\_ Sex: Male\_\_\_\_ Female\_\_\_\_ Shirt Size: S\_\_ M\_\_ L\_\_ XL\_\_

**Release Waiver and Indemnity:** To participate in the 20<sup>th</sup> annual NIAGARA 100 km ultra-marathon, 50 km Ultra-Marathon, Marathon, Half Marathon on Saturday June 23<sup>rd</sup>, 2012, I accept, have read and understand all rules and regulations of the Ontario Ultra/Trail Series and of this specific event that I am entering and will comply fully with them. I am aware that a run of the distance and conditions specified for the specific event I am entering, may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I am also aware of the risks of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained adequately for this event, and (3) I have no medical condition that might be worsened by vigorous activity. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Ontario Ultra/Trail Series and all its officials, the St.Catharines Roadrunners and Walkers, all of the various sponsors, the Race Director and their staff, agents, officials, volunteers, or any other person involved in this specific event, and all government or private jurisdictions in which the specific event may take place including but not limited to, The City of Niagara Falls, The Niagara Parks Commission, Parks Canada, The Region of Niagara, Town of Niagara-On-The-Lake, from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown. I declare that I have sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. The race director (s) and/or executive members of the Ontario Ultra/Trail Series Board hold the right to cancel any event should weather or any other condition make it potentially unsafe for the participants and/or event volunteers, and reserve the right to remove any participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the race organizers and Ontario Ultra and Trail Series sponsors to use my name, mailing address and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose. My personal information will not be sold by either the Ontario Ultra and Trail Series or their sponsors.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail to: St. Catharines Road Runners and Walkers, P.O. Box 23004, RPO Carlton, St. Catharines, ON L2R 7P9