

GRTC Ultra Marathons

MTD12HOUR CL12HOUR CANLAKE50

What is an Ultra Marathon?

- ▶ Any footrace longer than the traditional marathon length (26.219 mi) or for a specified time (6 hour, 12 hour, 24 hour)
- ▶ GRTC offers both types: CanLake50 a 50km/50 mile road race and two 12 hour races MTD12Hour and CL12Hour

MTD12: Mind The Ducks 12 Hour

- ▶ Specified time race from 7am to 7pm on May 12, 2018
- ▶ ~1 mile paved path in North Ponds Park in Webster, NY
- ▶ Run as many laps as you can in 12 hours or less
 - ▶ 1 lap minimum required for official results
 - ▶ A less intimidating way to run your first marathon...nobody knows what lap you are on 😊

CandleLight 12 Hour - Overnight Ultra and Relays

- ▶ Specified time race from 7pm to 7am starting on July 22, 2018
- ▶ ~1 mile cross country type of course at EquiCenter, Honeoye Falls
- ▶ Same as Mind the Ducks but CandleLight offers a relay option.....don't feel like doing it alone...bring your friends!

CanLake50 Ultras

- ▶ 50 Mile or 50 Km on October 13, 2018 around scenic Canandaigua Lake
- ▶ 50 Mile – mostly flat to rolling roads with several major climbs, including the locally-famous Bopple Hill
- ▶ 50K - run the final 31 miles of the 50 Mile route with significantly less climbing and descending than the first 19 miles of the 50 Mile route, the 50K is more friendly for the first-time ultra runner and a logical step up from the marathon

Think You Can't Do An Ultra Marathon....Think Again!

- ▶ If you want to run a marathon in 12 hours- pace yourself for 27 minutes per mile
- ▶ If you are considering running a 50K in 12 hours- you would need to average 22 minutes per mile
- ▶ Feeling adventurous and want to run 50 miles in 12 hours- that is only 14 minutes per mile

Why consider Mind The Ducks 12 Hour?

- ▶ Only one lap/one mile minimum requirement
- ▶ There is no minimum time requirement...leave when you want to
- ▶ Performance awards...the further you run...the more swag you get!
- ▶ You can say you ran the same race as John Fegyveresi - star of the movie The Barkley Marathons

Why consider CandleLight 12 Hour?

- ▶ You love to watch the sun set and rise
- ▶ You can bring your friends and relay the race if you aren't up for an overnight run by yourself
- ▶ You would be supporting a local charity..the Equicenter which opens its doors to people with disabilities, veterans, and their families using a wide range of therapeutic equestrian related program

Why consider CanLake50?

- ▶ It is one of the most beautiful 50 mile/50 Km road races in the country, and it is right in your backyard!
- ▶ Runners from all over the country annually attend this event, you can meet new people and expand your network
- ▶ Who doesn't love the fall foliage?

Other Reasons to Run One of GRTC's Ultras

- ▶ Win the race and we'll refund your registration fees
- ▶ They are affordable
- ▶ As a member of GRTC you will get a discount

You Have Decided to Run...Now What?

- ▶ Sign up!
- ▶ Mind The Ducks: <http://mtd12hour.com/>
- ▶ CandleLight 12: <http://candlelight12hour.org/>
- ▶ CanLake50: <http://canlake50.com/>

Not Sure How to Properly Train?

- ▶ Training info on CanLake50's website compiled by Tom Perry
<http://canlake50.com/traininginfo/>
- ▶ Run With Kelly - Kelly Nash
<https://www.runningwithkelly.com/>
- ▶ Apex Performance Running - Christopher Patterson
<https://www.apexperformancerunning.com/>
- ▶ The Medved Endurance Project
<http://www.medvedrunwalk.com/training-groups-programs/medved-endurance-project/>