

Flat Rock 50 Km

Independence, Kansas

September 24

Trails

1. David Wakefield, 30	4:46:44
2. Paul Schoenlaub, 46, MO	5:04:40
3. David Young, 19	5:11:22
4. Jess McNeely, 35	5:32:02
5. Jack Christian, 52, OK	5:50:41
6. Dennis Haig, 44	6:23:28
7. Chisholm Deupree, 39, OK	6:25:08
8. Mindy Wilson, 37, MO	6:27:29
9. Michael Talbert, 47, OK	6:29:26
10. Steve Siegele, 44	6:41:13
11. David Scott, 44, MO	6:51:37
12. Earl Blewett, 41, OK	7:14:19
13. Dave Cunningham, 42	7:21:55
14. Stacey Harding, 32	7:22:27
15. Molly Gibb, 44, CO	7:25:58
16. Danielle Rideout, 27, IL	7:39:40
17. Karin Gibbs, 40, IL	7:43:28
18. Bob Marston, 54, AR	7:46:04
19. Theresa Wheeler, 38	7:47:14
20. Rick Harris, 46	7:53:03
Delaine Wiedenkiller, 33	7:53:03
22. Mark Brozek, 48	8:21:48
23. Jim Perry, 56, OK	8:23:26
24. Ken Childress, 46, OK	8:28:50
Tim Gill, 44, ON	8:28:50
26. Roy Schneider, 39, NE	8:48:57
27. Bill Gomboc, 55, OK	8:51:10
28. Ron Jansen, 36	8:51:43
29. John Hargrove, 60, OK	8:54:50
30. Bill Barnett, 51	9:10:07
31. Duane Frichtl, 48, IL	9:41:32

Jeffrey Skibbe, 56, IL
 33. Thomas Lasater, 47
 34. Dave Dinkel, 56
 38 starters

Montaña de Oro 50 Km

Los Osos, California

October 22

Trails

1. Victor Low, 29	4:26:24
2. Brent Teal, 32	4:54:13
3. Steve Cunningham, 40	4:54:23
4. Troy Limb, 44	5:14:29
5. Jeff Zahn, 42	5:26:22
6. Garrett Headley, 38	5:39:37
7. Greg Duff, 36	5:46:37
8. Mike Malinin, 38	5:49:31
9. Renee Roberts, 41	6:07:45
10. Wally Hesseltine, 62	6:19:39
11. Linda Phillips, 54	6:45:15
12. Steven von Dohlen, 37	6:54:34
13. Michael O'Bannon, 54	7:08:26
14. John Koester, 55	7:11:41
15. Wini Jebian, 61	7:48:36
16. Karen Lake-Shampain, 50	9:02:00

Seacliff Beach 50 Km

Aptos, California

October 1

Trails

1. Peter Fish, 40	5:27:17
2. Victor Peng, 45	5:28:44

3. Patrick Nolan, 39	5:29:53
4. Jeff List, 46, MA	5:43:18
5. Mike Nuttall, 56	5:49:01
6. Steve Zenone, 33	5:49:25
7. Robert Mann,	5:53:45
8. Penny Beeston, 45	5:59:40
9. Patty Bryant, 46	6:01:56
10. Dorothy Golubski, 39	6:13:09
Jeff Heischman, 57	6:13:09
12. Ryan Fujiu, 23	6:29:00
13. Patricia DeLuna-Lopez, 28	6:40:28
14. Chuck Wilson, 56	7:48:28
15. Doug Ribordy, 41	9:08:04
Rebecca Ribordy, 38	9:08:04
17. Janine Campbell, 42	9:08:20
18. Ron Hart, 40	9:08:26

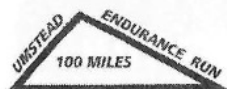
Mount Diablo Fall 50 Km

Clayton, California

September 24

Trails

1. Joe Swenson, 50	5:47:22
2. Ilya Pinsky, 14	6:23:54
3. Nathan Leefer, 20	6:35:12
4. Jim Hildreth, 51	6:56:14
5. Paul Fick, 48	7:02:11
6. Sunanda Minarikova, 31	7:07:27
7. Leslie Bardessono, 43	7:16:44
Yvonne Victor, 47	7:16:44
9. Lisa Huerta, 44	7:34:52
10. Craig Harding, 47	7:36:18
11. Tom Harry, 50	7:56:39
12. Aaron Sorensen, 32	8:19:06



THE NORTH CAROLINA ULTRA RUNNING ASSOCIATION

PRESENTS THE TWELFTH ANNUAL

FLEET FEET
*Sports***UMSTEAD 100 MILE ENDURANCE RUN****DATE:** April 8, 2006 - 6 AM**LOCATION:** William B. Umstead State Park, Raleigh, North Carolina**ENTRY FEE:** \$120 LIMITED TO THE FIRST 225 ENTRIES.

RACE PHILOSOPHY: To provide a race which bridges the gap between 50 mile races and the more demanding, mountainous 100 mile races. Allow runners to break 24 hours or finish a 100 miler where topography, heat and getting lost are removed as major obstacles.

COURSE: A 12 .5 mile loop course including a 1.8 mile out and back spur. Beautifully wooded, rolling topography with 8,000 feet of total climb. The trail is a converted gravel, dirt road, 10 to 12 feet wide, with a finely crushed granite screenings surface.

AID STATIONS: There will be two fully stocked, manned aid stations per loop. There will be a wide variety of food and drink available. There are 5 additional water stops per loop. Crew are not necessary for this race but are welcome.

50 MILE OPTION: This race is held primarily as a 100 mile event, however, all runners who complete 50 miles or more will have their certified 50 mile time reported to UltraRunning.

CONTACT: Blake Norwood, Race Director 10908 Raven Rock Dr. Raleigh, N.C. 27614
 Phone: (919) 847-7613 (H) Website: WWW.NCROADRUNNERS.ORG/UMSTEAD/