



Asylum Ultra - Last Man Standing

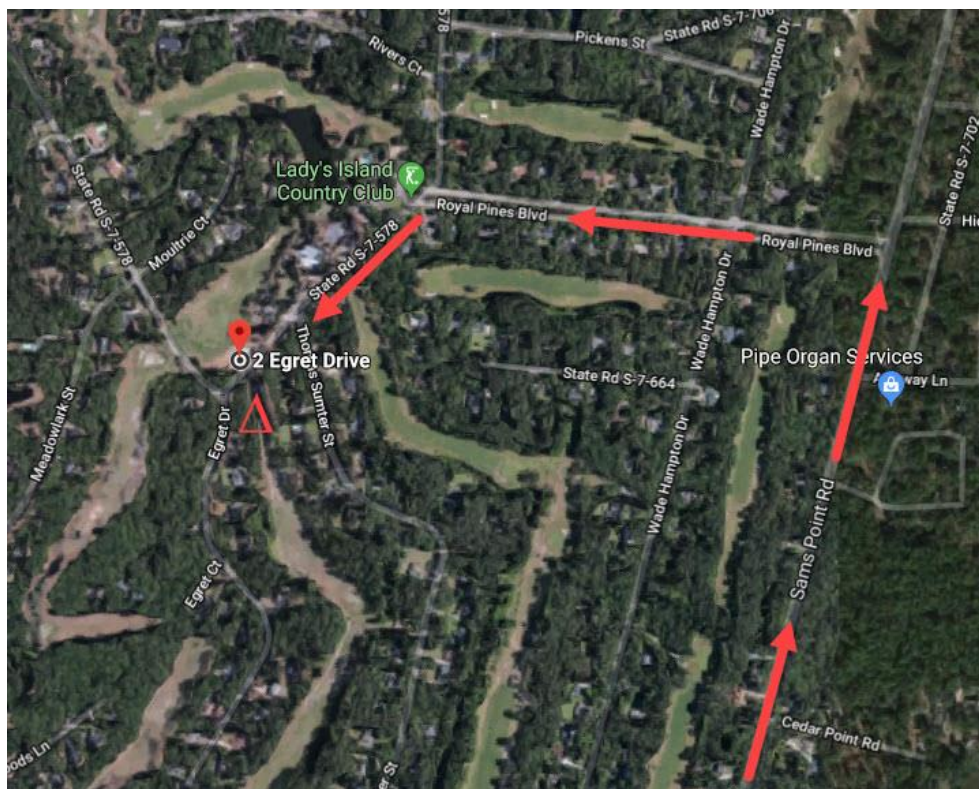
When: October 26, 2019 8:00am

What: The concept is simple at 0800 hours on Saturday, October 26, we will start a race around the 4.16667 mile Trail. The time limit will be one hour per loop. At 0900 hours, we will begin another race around the trail. We will do the same at 1000, 1100, and so on, every hour, until only one runner can complete a lap within the time limit. Any runner not in the starting corral for any race, is not eligible to continue. No late starts! If no single runner can complete a race at the end, there will be no winner. Every surviving runner will be tied for the lead, every hour.

Runners are responsible for their own personal aid. Water will be available throughout the race. Crews are allowed, but not necessary. Space for a yard chair and a cooler will be provided for runners near the start/finish (first come-first served), Runners who give up will be required to vacate their space, so that survivors can move closer to the starting corral.

Where: Lady's Island Golf Course. For mapping purposes, you can enter:

2 Egret Drive, Beaufort, SC 29907

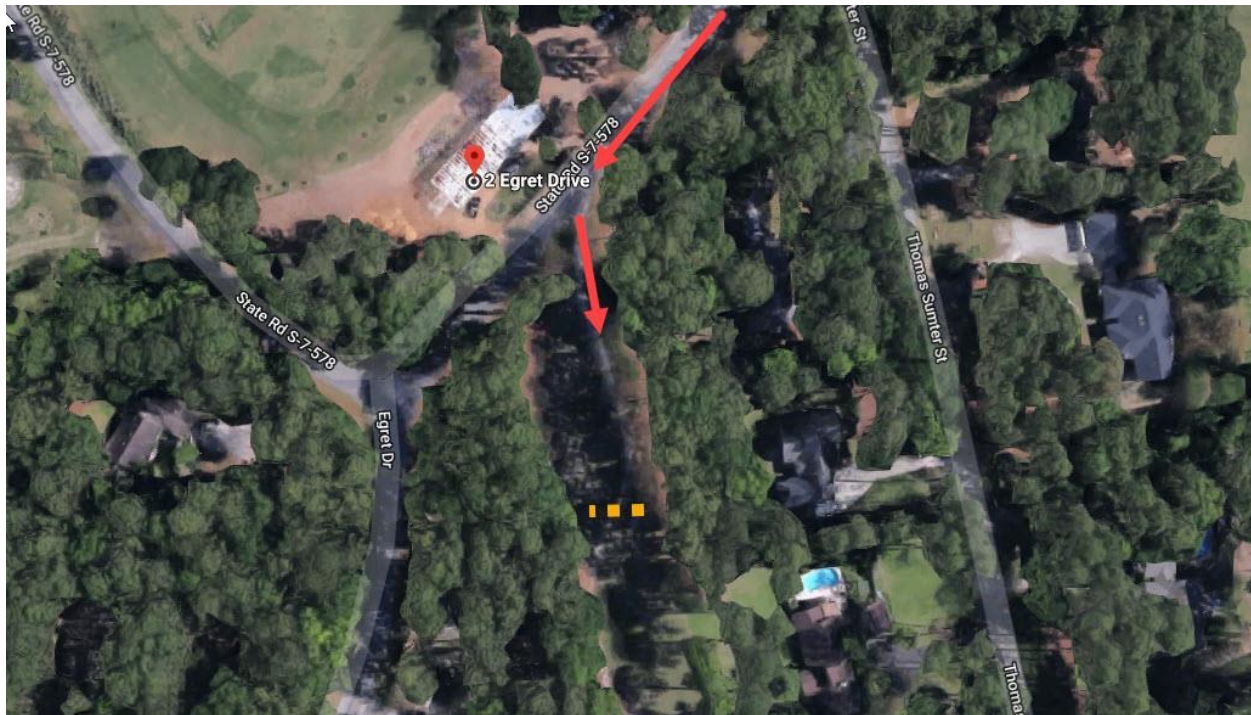




ASYLUM



After you turn LEFT on State Rd S-7-578 Francis Marion Circle, you will see an Asylum sign with flashing lights. Turn left onto the golf Course and parking will be on the right side of the fairway. Starting line is located at the YELLOW dashes.

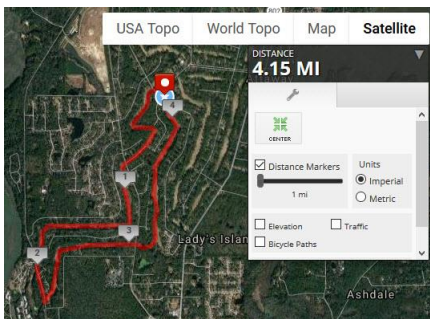


Packet Pick up:

Friday October 25th, 10:00-6:00pm at Grounded Running Beaufort.

2139 Boundary Street, Suite 108 Beaufort, SC 29902

Saturday October 26th, 6:30-7:15am at the starting line. No additional bibs will be given out after 7:15am to ensure an on time start. Be early don't be late!



The course is a single loop made of a combination of trail and two small sections of road to ensure the distance is accurate. Runners will run clockwise for the first 12-hours and we will rotate direction every 12 hours. Runners will scan their medical IDs at the timing tent after completing each lap. Runners that quit or miss the 59:59 cut-off will turn in their medical IDs and be removed from the overall standings.

LIVE Results will be posted: <http://groundedrunning.com/asylum-ultra/>