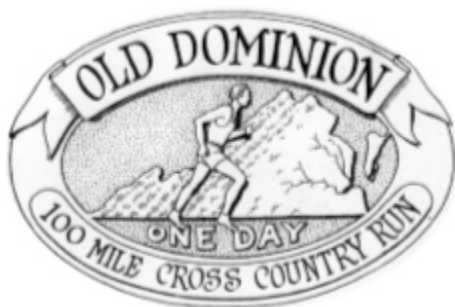


# 30<sup>th</sup> ANNUAL 100 MILE ENDURANCE RUN JUNE 7, 2008, 4:00 AM



**COURSE:** The 2008 Old Dominion, the original race, is a Measured loop trail through the Massanutten Mountains, Shenandoah River Valley and Fort Valley Virginia, with 14 significant climbs, and 14,000 feet of gain. The course is planned as a fair test of endurance running. 100 miles cross- country in one day is a worthy challenge.

**TIME LIMIT:** 24 hours for the Old Dominion sterling silver buckle recognized around the world. Old Dominion's course is held open for 28 hours, encouraging runners to go the distance. A distinctive commemorative award is given for this accomplishment.

**START AND FINISH:** The Shenandoah County Fairgrounds in Woodstock, Virginia. The first week of June, by proclamation, is Endurance Run Week in Shenandoah County.

**FACILITIES:** A Convenient walk from base camp at the fairgrounds to the historic town of Woodstock, founded 1752, as well as lodging and many fine restaurants. Bathrooms and camping are available at the fairgrounds.

**QUALIFYING:** A 50-mile race, finished within the time limits for that race, since January 2007.

**ENTRY FEE:** \$135 per entry, or two for \$250 (must be sent together) must be postmarked by May 10th. May 11-26, \$185.00. **No entries accepted after May 26th.** Early appreciated. Make checks payable to: Old Dominion Endurance Run, Inc.

**2007 RESULTS:** 15 finishers, 6 bucklers. 1st – Keith Knipling 19:21 (M); Scott Brockmeier 21:48 (M); Dan Brendan 21:59 (M); Liz Walker 22:07 (F).

**RUN SECRETARY:** Official website at: "OldDominionRun.org" Please send registration below, fees or inquiries to Ray Waldron, 581 Boliver Rd, Ft Valley, VA 22652. Phone calls returned collect - (before 8:30 PM) (540) 933-6088.

**RACE DIRECTORS:** Wynne Botts Waldron & Ray Waldron.

Last Name_____	First Name_____	Age_____
Mailing Address_____		
City_____	State_____	Zip Code_____
Qualifying Race_____		
Phone Number_____	T-Shirt Size_____	Gender_____
Signature_____		Date_____

**A Reason To Get Strong Since 1979**

