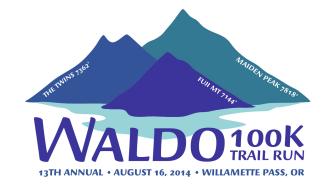
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Waldo 100K Trail Run Attracts Top Endurance Athletes



Now in its 13th year, the 62-mile ultramarathon has raised more than \$60,000 for the Willamette Pass Ski Patrol

WILLAMETTE PASS, Ore. — The 13th running of Oregon's premier ultramarathon, <u>Waldo 100K</u>, will take place on Saturday, Aug. 16 at <u>Willamette Pass Resort</u>. A field of 149 starters will line up for this year's installment of the 62-mile trail run.

The men's field of competitive runners includes Rocklin, California's Jacob Rydman, Eugene runner Joe Uhan and 18-year-old Corvallis sensation Andrew Miller. Additionally, Ashland's Ryan Ghelfi, Mt. Shasta, California's Gerad Dean and Bend's Rod Bien will toe the line.

On the women's side, course record holder Joelle Vaught of Boise, Idaho, is back to challenge the course and the competitors. Jacqueline Palmer from Newark, Delaware, should give Vaught a run for the available prize money — more than \$2,350 in cash will be handed out to top male and female finishers thanks to event sponsor, <u>SCOTT</u> <u>Sports</u>.

As in year's past, the race will be staffed by an army of volunteers that outnumbers the race participants. A fundraiser for the <u>Willamette Pass Ski Patrol</u>, the event has raised more than \$60,000 for the non-profit organization to date.

"We are fortunate to have amassed such an outstanding community of volunteers, sponsors, competitors and spectators over the years," said race director Meghan Arbogast. "Regardless of their role, people keep coming back to support this race year after year."

Not for the faint of heart, Waldo 100k has developed a reputation as a race that offers extreme challenges. With approximately 11,000 feet of climbing and an equal amount of descending, the mountainous loop course covers mostly single-track trails. Competitors must reach the summits of 7,144-foot Fuji Mountain and 7,818-foot Maiden Peak before descending back to the central staging area at the base of the Willamette Pass Resort.

"Part of the beauty of the Waldo 100k experience is the difficulty of the course," says Arbogast, herself a Waldo women's masters course record holder. "Completing this race is a challenge that requires runners to endure a certain amount of suffering and that's what makes a Waldo finish such a special achievement."

About Waldo 100k

Founded in 2002, Waldo Ultras is a 501(c)(3) non profit organization supporting the Willamette Pass Ski Patrol. The challenging mountainous race takes runners over three major climbs of more than 2,000 feet each for a total of 11,000 feet of elevation gain and an equal amount of loss. Sponsored by <u>SCOTT Sports Sunsweet Growers</u>, <u>Montrail, Injinji, Patagonia, Gu Energy, Sundance Natural Foods</u>, Cafeto Coffee, <u>High Desert Drop Bags</u>, <u>Buck's</u> and <u>Moeben</u>. The event is part of the <u>Oregon Trail Series</u>. For more information, go to <u>waldo100k.org</u>.