



Participating in Boulder, May 30, 2008

Enter the race

1. Go to <http://extramileendurathon.com/>
 - Click "USA", then "Boulder"
 - Click "Application", choose "Boulder" fill it out, then click "Send"
 - Read the Rules, FAQ, past events, etc.
2. Questions? Contact Ulrich.Kamm@GlobalGamesGroup.com
3. Hotel reservation: Contact Ulrich about special arrangements for a Quality Inn <http://www.qualityinnboulder.com/> at the race course. Reduced rates (\$119 + tax for single, \$129 + tax for double) only valid if rooms are booked before April 30

Charity

1. Choose a charity and submit its name to Ulrich, and how to donate money (website, donations must be possible online via credit card)
2. Race organization will pay to the charity of your choice \$1 for each mile you walk. For the winner it will pay \$2 for each mile.
3. If no charity is given, the organization donates the money to www.Livestrong.org, the "Lance Armstrong Foundation" (Cancer Cure Charity)

Sponsors

1. Participants are encouraged to help find sponsors and investors for EME. Please consider that there is no entry fee, but prize money.
2. Advertising on clothes for sponsors is allowed, as long as the vest (see "The Walk") is always visibly worn on top of all other clothes.

Media

1. Participants are encouraged to make media aware of this event.
2. Participants are most probably interviewed before, during and after the event. This will be a big inspiration for others seeing you and might change a lot of people's lives along with yours.

Equipment

1. Cell phone: Family, friends, etc. can reach you, encourage you and keep you awake.
2. Mobile email device such as a BlackBerry or iPhone is a major asset, if available.
3. Flashlight: A 1 mile section of the loop may be a little bit darker at night. Or street lights may go off.
4. Rain: Be prepared
5. Plus all the stuff you always need when you are walking longer distances

The Walk

1. For course see map. Loop of 3.9 mi (6.3 km) along Boulder Creek and through downtown Boulder (pedestrian mall)
2. Briefing is at 3:30 p.m. at the Quality Inn. Start will be there at 5 p.m.
3. Every walker gets an orange vest with their name and number on it. Every Extra Miler keeps the orange vest for the next Endurathons he/she will probably participate in. Get ready to get hooked!
4. All walkers have to stay together all the time and we walk in a group.
5. There are no stops for rest and sleep, only for taking restroom breaks and to buy food + drink.
6. Speed is not a priority. If a walker cannot keep up with the group anymore, he is out of the race.

7. Distance is not a priority, although the course is measured accurately. We will try to keep track of # of loops walked during the event
8. Stops for food, drink, restrooms, changing for the night, etc. will be done by the whole group. During the day stops to pick up something will be at coffee places, Delis, Sandwich shops etc.. At night stops will be at a big gas station which has coffee, pop, sandwiches etc..
9. When a competitor needs medical attention, the other walkers wait for a doctor or ambulance to arrive and applaud each Extra Miler exiting the Endurathon.
10. Having a crew is not being enforced, although strongly recommended. In past events all walkers without a crew did not get beyond ~48 hours.
11. Participants have to observe Parks and Recreation Department rules as well as road traffic regulations.
12. Everybody participates on their own risk and only as long as they feel comfortable and confident and have fun. The journey is the reward – get ready for a really big one, the longer you walk!

The Winner & the Championship

1. After the second to last walker dropped, the last walker has to walk another “Extra Mile” to become the winner. He will get \$1,000.
2. The last 4 walkers are qualified for the World-Championship event in Las Vegas on Dec. 3, 2008. There the winner gets \$10,000.

Final Decisions

1. During the event, in cases when there is no agreement within the Team, Alexander Skora makes final decisions. In case he is not available, Race Director Ulrich Kamm will decide for him.

Weather, Sunrise

1. Temperature: 77 (25°C) avg. high, 46 (8°C) avg. low
2. Daylight: Sunrise 5:35 a.m., Sunset 8:23 p.m.
 - Details: <http://www.weather.com/weather/wxclimatology/daily/USCO0038>
3. Precipitation: 35% per day likelihood

Boulder Info

1. Webcams
 - City: <http://www.comfortableshoes.com/cams/broadway.cfm>
 - Views: <http://www.dickgilbert.com/boulder-flatironscam.htm>
2. Visitor Info:
http://www.ci.boulder.co.us/index.php?option=com_content&task=view&id=4363&Itemid=1778

Questions, Etc.

1. For questions call Ulli (Ulrich Kamm) at 303-794-3111 or Ulrich.Kamm@GlobalGamesGroup.com
2. Please tell others about EME and about Boulder, mention it in blogs and on webpages www.ExtraMileEndurathon.com



Alexander Skora, founder of EME, together with Eddie and Eva ExtraMile