

Hey All!

Final race update for the 2008 dirty girls run!  
(Please pass on to non email runners you know of that are doing the race)

#### HOW MANY BURGERS CAN YOU EAT? PREFER NATURE BURGERS?

BBQ'd hamburgers are the main food for the post 6 hr and 12 hr events. They are 4oz burgers - please let me know if you are a one burger, two burger or more type of gal/guy post running. Also let me know if you'd prefer a veggie burger.

#### NEED TO DROP OFF BOTTLES ETC. AT THE 5K AID STATION?

Same as last year, I'll post drive schedules up to the 5k aid station. We can shuttle bottles etc. for you back and forth. We ask that everything be well marked.

#### IMPORTANT TIMES

This year's race starts at 8am.  
Grounds open Friday August 8th at noon.

#### CAMPING?

If you are a 6 hour runner or your support crew is planning on camping on the Friday night, please pay myself, Diane during morning-of registration at the event. \$15/person

#### WEATHER

Ikes - your guess is as good as mine. We've got an ice, hose & watermelon strategy planned but in all seriousness, be prepared for cold and drizzly!

#### AWARDS CEREMONY/UNDIES

I've got something a little different planned for the awards ceremonies this year. The only thing we will wait for is each runner to have returned to the start/finish, and then we'll get going. Getting your UNDIES is part of the awards ceremonies. And yes - every finisher is guaranteed to leave once again with a tart this year!

#### PICTURES

Would love it if as many supporters as possible snapped up pics of any part of the event! And please email/snail mail them to me and they'll go on the website!

#### RESULTS

Once again, I'll work away furiously, through wind, ice, cold, heat, misery to produce those race results pronto after the race is finished! All racers will get "first dibs" to make any corrections etc.

SO WHO'S RUNNING THIS EVENT ANYWAYS?



And some amazing volunteers that I'm bribing with UNDIES, tshirts, food and anything else I can think of. Thanks guys/gals, I LOVE doing this event and can't wait to see y'all in a bit!

diane  
RD