



CARDIMAX-CLARK ULTRAMARATHON PRESS RELEASE MAY 28, 2015

Email: clarkultramarathon@gmail.com | Facebook: www.facebook.com/clarkultramarathon
Mobile No: 09088131086 | Twitter: [@clarkultramarathon](https://twitter.com/clarkultramarathon)

Race Day and Expo: September 5-6, 2015
Race Venue/Course: Clark Freeport Zone, Pampanga
Start/Finish Line: Clark Parade Grounds in front of the Clark Museum

RACE OBJECTIVE

The Cardimax-Clark Ultramarathon aims to gather beginner, aspiring, top and veteran ultramarathoners in a journey to inspire each other to go beyond their limits and give their best; harness your own energy.

For 2015, total Cash Prizes and gifts from sponsors of over P300,000 await the 2015 Team Champions, Top 3 Overall for Male and Female, Age Group Champions and Relay Champions.

ULTRAMARATHON TRAINING: Harness Your Own ENERGY!
A monthly run and lecture session led by seasoned ultramarathoners, fitness enthusiasts, coaches and field experts.

Running Basics:	May 28, 2015
Racing Essentials:	June 20, 2015
Balancing your Training/Urban Ashram FNR for Athletes Yoga:	July 9, 2015
Preparing for Race Day:	August 22, 2015

CARDIMAX-CLARK ULTRAMARATHON is on SEPTEMBER 5-6, 2015
REGISTER NOW at www.clarkultramarathon.com

The Cardimax- Clark Ultramarathon journey started last May as participants were given a Recommended Training Program that aims to help them meet their racing goals come September. Together with Urban Ashram and Simple Hydration and event venue partners Clark Development Corporation and 100 Miles Café, they will also conduct Monthly Harness Your Own Energy Training Sessions.

It will be led by a pool of veteran ultramarathoners: Alfred delos Reyes, Daphne Codilla, Doodsie Mallari, Jerome Bautista, Jon Lacanlale, Mang Victor Ting, Tin Ferrera, Coach Titus Salazar and Wilnar Iglesia

CARDIMAX-CLARK ULTRAMARATHON PARTNERSHIP



Clark Ultramarathon partners with Cardimax L-Carnitine in staging the 2015 edition of the race. Cardimax L-, as a supplement, helps improve mental and physical performance of an individual. During intense workouts, it helps reduce post exercise lactic acid accumulation and increase workout output. It maintains your fitness, enhances detoxification and aids fast recovery; Harness your own energy!

RACE DESCRIPTION DETAILS



RACE DAY: SEPTEMBER 5-6, 2015
ULTRAMARATHON TRAINING: Harness Your Own ENERGY!

Running Basics:	May 28, 2015
Racing Essentials:	June 20, 2015
Balancing your Training/	
Urban Ashram FNR for Athletes Yoga:	July 9, 2015
Preparing for Race Day:	August 22, 2015

REGISTER NOW at www.clarkultramarathon.com

DISTANCE

100 kilometers

50 kilometers

100 kilometers
2-Man Team Relay

REGISTRATION FEES

P3,500

P 2,500

P 4,000

CUT-OFF

18 hours with
sub 16 Cardimax Challenge

10 Hours

18 hours

QUALIFICATIONS RESTRICTIONS

Read : www.clarkultramarathon.com

For inquiries, email us at clarkultramarathon@gmail.com

REGISTRATION FEE INCLUSIONS

PRE-RACE/TRAINING:

One Simple Hydration Bottle, Two Free Pass at Urban-Ashram, One 15 ml Cardimax L-Carnitine, Discounts from Sponsors, Recommended Training Program, Group Monthly Training Run, One Yoga Session and Other Special Sessions

RACE DAY:

Race BIB
Timing/Tracking Device
AID/Drop Bag/Medics Stations
Drop Bags
Finisher's Medal
Finisher's Shirt
Finisher's Photo and Certificate
Event Bag
Other Freebies from Sponsors
Post-race Meal

AWARDS

Top 5 Finishers-
Male and Female
Age Group Champion
Male and Female

(50 and above,45-49,40-44,35-39,30-34, 20 and below)

TEAM CHAMPION

(should have at least one female in the team)

Top 5 Finishers-
Male and Female
Age Group Champion
Male and Female

(50 and above,45-49,40-44,35-39,30-34, 20 and below)

TEAM CHAMPION

(should have at least one female in the team)

CHAMPION:
All Male
All Female
Mix

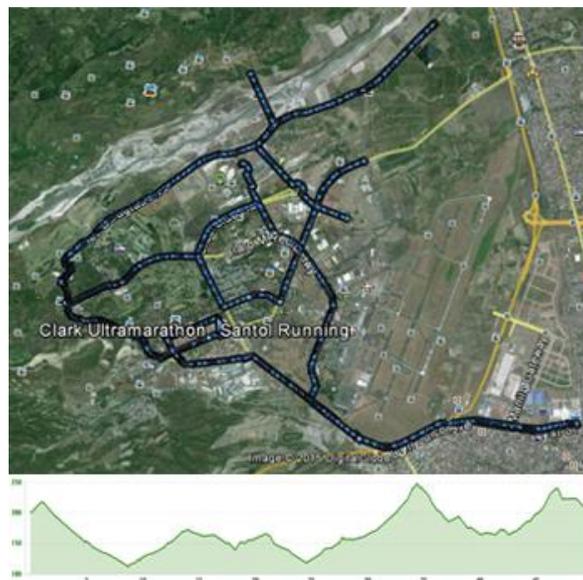


Follow us on Facebook/Instagram: [ClarkUltramarathon](https://www.facebook.com/ClarkUltramarathon)
 For inquiries: clarkultramarathon@gmail.com Viber: 09088131086

RACE COURSE

The Clark Ultramarathon will require participants to complete a road course in a fifty kilometre loop (two loops for the 100K runners). The start/finish line will be at the Clark Museum.

The route will take runners along the main highways of the Clark Freeport Zone passing through scenic spots along Sacobia river, Fontana Leisure Park, DongWang, Nayong Pilipino. Runners are expected to experience the usual cold climate at night in Clark and battle the scorching heat of the sun as they pass through long stretch of highways and wide paved road but will be treated to portions which pass through tree-lined roads. The route is expected to be rolling with ascent accumulating to total gain of 600meters but nets out with almost the same elevation gain.



Aid Stations

There will be support/aid stations every five kilometers (as far as practicable depending on location and safety reasons) or thereabouts. Outside aid will not be allowed in any part of the course. 100K runners are allowed to leave one drop bag which will be available at the aid stations approximately at kilometre 50 mark (Start/Finish).

Support

Supporters and spectators will not be allowed on any part of the race course except on designated areas. Outside support is not allowed and will result to runner's disqualification.

Volunteer

The Race is open to volunteers who would like to help ultramarathoners finish the Cardimax-Clark Ultramarathon.

REGISTRATION

All runners are required to fill up the online application at www.clarkultramarathon.com form and pay upon confirmation of their application.

OTHER SUPPORTERS

SIMPLE HYDRATION Bottle provides each runner a bottle which shall allow them to #RUNSIMPLE during their training runs and the race itself. Simple Hydration bottle is a 16oz hook-shaped bottle which you can tuck anywhere. It is so SIMPLE!

URBAN ASHRAM Urban Ashram supports Endurance Athletes through its program Flexibility Not Required (FNR); an ideal core strengthening that helps athletes endure the demands of running long. Participants will be treated to free Yoga Sessions which they can use in any Urban Ashram Yoga Studio. A group Yoga Session is also scheduled on July 9.

100 MILES CAFE 100 Miles Café and Galileia Events Place; a restaurant established by runners for runners shall be the host to the Manila-based training events of the Cardimax-Clark Ultramarathon.

CLARK DEVELOPMENT CORPORATION Clark Freeport Zone will be the official venue of the race.