



100

*Wednesday 9th December
For immediate release*

The North Face 100 2010 dates announced 15th - 16th May 2010

The highly-anticipated 100km endurance running test, staged in the heart of the rugged and spectacular Blue Mountains National Park, is set to return in 2010. Lock it into the calendar and lace-up your running shoes; it's time to start training!



For the third consecutive year, The North Face invites runners of all kinds to step up and take on one of the toughest running events of the year, The North Face 100. An event that is certainly not for the faint hearted, or elite runners only, but is open to all those brave and willing enough to apply themselves to what is arguably Australia's ultimate endurance running challenge.

A glance over the starting line of The North Face 100 reveals a mixed bag of runners from ultra-marathon aficionados in search of the ultimate trail-running grail, to seasoned road marathoners making the transition to off-road trails, and probably the biggest bunch of all - recreational runners with an adventurous spirit, a desire to explore their personal limits, and achieve something incredible.

The atmosphere at the 2010 event will be firing, with an expected field of 600 runners. Many entrants will be experiencing first time jitters, while a large contingent - daring enough to return for a second or third year –will be riding on hopes of faster times, less fatigue, and defeating the 100km course, rather than it conquer them!

With a 2009 record time of 10 hours, 22 minutes and 51 seconds held by Blue Mountains local Andrew Lee, the bar has been set, and talk of a sub-10hr race record in 2010 is spreading. Now is the time to lace-up and prepare to tackle The North Face 100, and explore the outermost limits of your physical and mental endurance.

Are you tough enough?

Endurance comes in all distances. Find yours in The North Face 100.

**Register for the race on www.thenorthface.com.au/100
Full course details (course map, elevation and more) available soon
Entry fee: \$215 for a solo runner, \$150/person for teams of 2 (relay option)**



About The North Face 100@:

The North Face 100 has become one of the most talked about endurance events in the Southern hemisphere. The North Face 100 Asia series is continuing to promote the true spirit of exploration in 2010. You are invited to take on the challenge in our races staged in China, Australia, Philippines, Japan and Singapore.

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