

EXPRESS QUALIFICATION



Running an official ADU Qualifying Race provides athletes a chance to run a shorter distance to earn "Preferred Entry" for ADU, while gaining experience from trusted races and like-minded local athletes in the process. The three ADU Qualifying Races are as follows...

Express Qualifier #1



SPRING FLING 600

(10-Hour Race, Southington, CT)

Running 19.5 miles (6 laps) or more in the Spring Fling 600 will qualify you for "Preferred Entry" into the ADU 6-Hour.

Running 26 miles (8 laps) or more in the Spring Fling 600 will qualify you for "Preferred Entry" into the the ADU 12-Hour or ADU 6-Hour.

Running 32.5 miles (10 laps) or more in the Spring Fling 600 will qualify you for "Preferred Entry" into the ADU 24-Hour or ADU 12-Hour or ADU 6-Hour.

Details at www.facebook.com/springfling600

Express Qualifier #2



HAMSTERWHEEL endurance races

(6, 12, 24 and 30-Hour Races, New Boston, NH)

Running 20 miles (5 laps) or more in the Hamsterwheel 6- Hour Race will qualify you for "Preferred Entry" into the ADU 6-Hour.

Running 32 miles (8 laps) or more in the Hamsterwheel 12-Hour Race will qualify you for "Preferred Entry" into the ADU 12-Hour or the ADU 6-Hour.

Running 48 miles (12 laps) or more in the Hamsterwheel 24-Hour Race will qualify you for "Preferred Entry" into the ADU 24-Hour or ADU 12-Hour or ADU 6-Hour.

Running 56 miles (14 laps) or more in the Hamsterwheel 30-Hour Race will qualify you for "Preferred Entry" into the ADU 24-Hour or ADU 12-Hour or ADU 6-Hour.

Details at www.facebook.com/hmstrwheel

Express Qualifier #3



TARC Fall Classic

(20 Mile, 50k & 50 Mile, Carlisle, MA)

Finishing the 20 Miler or more in the TARC Fall Classic will qualify you for "Preferred Entry" into the ADU 6-Hour.

Finishing the 50k or more in the TARC Fall Classic will qualify you for "Preferred Entry" into the ADU 12-Hour or ADU 6-Hour.

Finishing the 50 Miler or more in the TARC Fall Classic will qualify you for "Preferred Entry" into the ADU 24-Hour or ADU 12-Hour or ADU 6-Hour.

Details at www.trailanimals.com/tarcfallclassic