

50Sub4 Marathon Club

Club Rules:

1. To be accepted as a valid marathon, each event must meet the following definitions:
 - a. The run must be the full distance of 26 miles, 385 yards (42.125K). An ultra is any distance greater than the marathon distance.
 - b. Both marathons and ultras count towards meeting the requirement provided that the finish time in the respective event is LESS THAN 4 hours.
 - c. Completion of at least one 26.2-mile portion of an ultra in less than 4 hours may be counted as a marathon, if the race director so designates. The marathon portion of an Ironman-distance triathlon may also be counted as a marathon. You will receive extra admiration from fellow club members for completing an Ironman marathon in less than 4 hours.
 - d. Only one event per day may be counted unless the events are hosted by a different organization (i.e. a marathon run in one location in the morning and a completely different marathon run later the same day. As in (c) above, you will receive extra respect if you complete two (2) sub-4 marathons in the same day.
 - e. For a marathon to count, it must have had advanced publicity, preferably in a running publication such as one or more of the regional, national, international running magazines, a newspaper or web site.
 - f. The event must be announced as a marathon or ultra. Running a 10K race four times plus 2.125K does not qualify as a marathon event, nor does running a half-marathon twice.
 - g. The event shall have an announced race director or running club who supervises and takes responsibility for the event, and is available to certify the runner's completion of the marathon. In addition, the marathon course must be USATF-certified.
 - h. The event shall have a minimum of 5 starters and 3 finishers.
 - i. A marathon shall be run without interruption except for natural events such as extreme, and temporary, weather conditions. A run temporarily interrupted may be counted if the marathon distance is completed and the results certified by the Race Director.
 - j. A marathon that has a route that runs into two states (Marine Corps, Fargo, Hatfield-McCoy, etc.) cannot be counted as two states; it counts as one. The run must either start or finish in the state being counted.
 - k. The result time counted towards qualification will be the LOWER of a) NET "chip" time or the b) "gun" time for those races not utilizing chip timing.
2. Each member shall retain some information to substantiate each event such as:
 - a. PREFERRED - Published event results (www.marathonguide.com, result card, etc.);
 - b. Finisher's certificate
 - c. In the event that neither a) nor b) is available, any third-party substantiation of the finish time will be considered.

3. Completion of the circuit will be accomplished when a member has completed a marathon in under 4 hours in EACH of the 50 states of the USA (DC is not required). When a member has completed the 50 US states, he/she needs to email a list of the marathons completed in each state including a) Name, date and location of the marathon, and b) marathoner's finishing time. This information should be emailed to: 50sub4@gmail.com. NOTE-There is no time limit for completion of the circuit. After verification of the results, you will receive a personalized 50Sub4 Marathon Club Completion Certificate.

Information for Prospective Members

When a marathoner has completed a valid sub-4 hour marathon in 10 different US states, the eligibility status will have been met. After verification, a new member will receive a welcome package and a results/tracking spreadsheet added to the 50sub4 Marathon Club website. The club website contains the name, email (if authorized), and results/marathon count for each member. E-mail race updates to Jeff Hill at 50sub4@gmail.com and your results will be updated on the website.

These are the rules of our organization. They are subject to revision as necessary and we welcome questions/comments.

50sub4 Marathon Club Application

Name _____

City _____ **State** _____

Email: _____ Year of Birth _____

Okay to list email on web page? _____ Okay to list state of residence? _____

Number of States That You Have Run a Sub-4 Hr Marathon _____ (Attach List)

Foreign Countries That You Have Run a Sub-4 Hr Marathon _____

How Did You Hear About 50sub4? _____

Upon submission of this application, I agree to assume all risks associated with participation in any activity of the 50sub4 Marathon Club. I release all sponsors, board members, and any person assisting on a voluntary basis from any claims of liability resulting from my participation.

Signature _____

Date _____

You may be requested to include a copy of verifiable documentation for any races that cannot be verified via marathonguide.com. Please read the club rules before submitting this application.

Submit application either via email at: 50sub4@gmail.com OR

50sub4 Marathon Club
c/o Jeff Hill
22706 Arbor Stream Dr.
Katy, TX 77450

Name _____

Hometown _____

Email _____

	<u>Race Name</u>	<u>City</u>	<u>State</u>	<u>Date</u>	<u>Net Finish Time</u>	<u>Points</u>
1			AK			
2			AL			
3			AR			
4			AZ			
5			CA			
6			CO			
7			CT			
8			DE			
9			FL			
10			GA			
11			HI			
12			IA			
13			ID			
14			IL			
15			IN			
16			KS			
17			KY			
18			LA			
19			MA			
20			MD			
21			ME			
22			MI			
23			MN			
24			MO			
25			MS			
26			MT			
27			NC			
28			ND			
29			NE			
30			NH			
31			NJ			
32			NM			
33			NV			
34			NY			
35			OH			
36			OK			
37			OR			
38			PA			
39			RI			
40			SC			
41			SD			
42			TN			
43			TX			
44			UT			
45			VA			
46			VT			
47			WA			
48			WI			
49			WV			
50			WY			_____

Taking 10 with

Occupation

Important People in my Life

Personal Bests

5k

10k

Half-Marathon

Full-Marathon

Tools/Devices I always run with

Do you usually run solo or with others?

Most Unusual Marathon Experience

Favorite Underrated Marathon

Races still on my bucket list

If I could run a marathon with any person in history, it would be

Other Endurance Accomplishments