

The Modesto presentation of
'THE RECOVER FROM THE HOLIDAYS FIFTY'
 otherwise known as 'THE FLAT ARCH '50' 32nd Annual
 in conjunction with
THE AL STOLL MEMORIAL RUN

SUNDAY December 27th 2015

Time: Start 7:30am, Sunday 27th December. Meet at the Galas Barn at 7:00. You will be finished in time to relax and enjoy having had enough exercise to justify your Holiday feasting.

Place: Start at the Galas Barn on Frankenheim road. To get to the Galas Barn go to Oakdale then North on Hwy 120 for one mile to the lights on River Road/Rodden Road. Turn right on Rodden. Go 2 miles to where Rodden becomes 28 mile Road. Go 2 miles on 28 mile Road to a right turn on Frankenheim. Go 1 and ¾ miles and watch for signs. Turn left to the Galas Barn. Park so you do not obstruct traffic. Runners and non-runners are welcome to wait at the barn and enjoy the ambience and whatever coffee and food the organizers provide. Donations toward race costs will be accepted.

Course: Scenic country roads through the central valley and low foothills. Some dirt roads, some asphalt depending on what course you run. Roving aid station will be available with donated snack items and/or your personal aid bag.

Distance: Runners are encouraged to run whatever distance will challenge them. 5, 10, 20 miles or even the classic 50 km or fifty miles! Long or short, all are welcome.

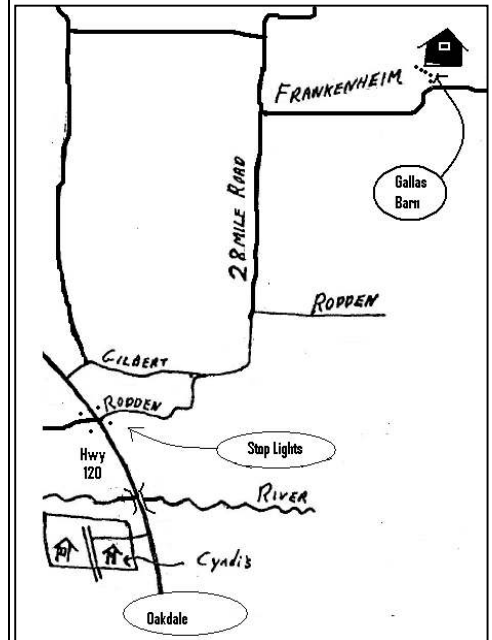
Aims: To maintain an event in the memory of Modesto runner and Shadowchase member Al Stoll, who died while running. Runners are welcome to run any distance in this event. Distances of less than 50km (31.2) miles will be especially welcome as they will constitute the Al Stoll memorial event.

To provide a friendly chance for novice runners to come out and try a 50 mile or 50km run. To give local experienced runners the opportunity to run close to home after all those commutes to races. After the run we will have refreshments at the Galas Barn. The course is not marked but maps will be provided at the start and 4, 5 and 6 mile turnarounds will be coned. 50 KM and 50 mile finishes will be marked.

Entry: Get to the start. No entry fee. Donation toward race costs is appreciated. Bring some food or drink goodies for the roving aid station if you can. Please tell Adrian fa50@goldrushar.com that you are coming

FYI: No aid, no awards, no wimps. Organizers decision is final on all results and disputes (including religion and politics).

Two rules: Keep it fun and keep it safe.



Low key run with an impeccable pedigree. The race began 33 years ago in Half Moon Bay on the coast. This race is the Central Valley version of the Fat Ass 50. Thanks to Jo Oakes for the original version. The Al Stoll run has been promoted by Shadowchase Running Club for many years in memory of Al Stoll.

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