

# 7th Annual Beidleheimer *Ssssssidewinder 10K*



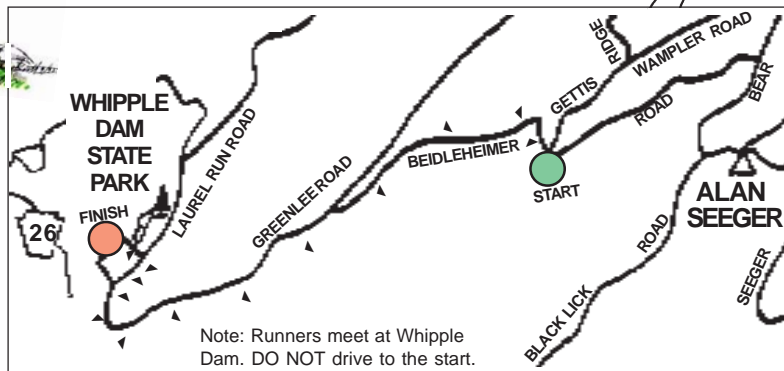
**Date:** Sat., May 8, 2010

**Location:** Whipple Dam State Park.



*Sssssscenic course! Age and gender-graded results!*

**Course:** A rolling and mostly downhill run on forest roads in Rothrock State Forest. This is Leg 4 (reverse direction) of the Tussey Mountainback 50 Mile Relay and Ultramarathon course. Total elevation loss: 429 ft. The start is at the intersection of Beidleheimer and Gettis Ridge roads (do not drive to the start - runners will be transported from Whipple Dam to the start). Finish is at Whipple Dam State Park (runners finish via the park's exit road).



**Start Time:** Runners will be transported at 9:30 a.m. by bus to the start. Start is at 10:00 a.m. (No cars are permitted at the start.)

**Registration:** *Individuals and teams of five or more (not relay). First 5 runners are scored.* Advance registration \$15 if postmarked by April 24, \$20 thereafter. Make checks out and mail or hand deliver to: "MTB 50," 103 E. Hamilton Ave., State College, PA 16801. Race shirts are guaranteed to all runners registered by April 24, and while supplies last. **Race day registration and packet pickup will be held at Whipple Dam from 8:30-9:15 a.m.**

**Awards:** *Age- and gender-graded scoring (see box and reverse side).* Awards to top five finishers and top three teams of 5, plus door prizes.

**Course records:**

Male: Nate Harkins 32:05 Female: Meira Minard 40:27

**Directions:** *From State College*, take State Route 26 south to Pine Grove Mills. At the flashing light, turn left and follow 26 over the mountain. Pass the sign for "Shaver's Creek" on the right, go one more mile and turn left at the Whipple Dam sign, just before a small store on the left. *From Altoona*, take I-99 to the Tyrone exit, then 453 south, then go left on 550 north. At Warriors Mark, go right on 350 south. At Seven Stars, turn left on 45 east to Pine Grove Mills. At the flashing light, turn right and follow 26 over the mountain, then same as above.



**Tom Cali**  
*always out in front*

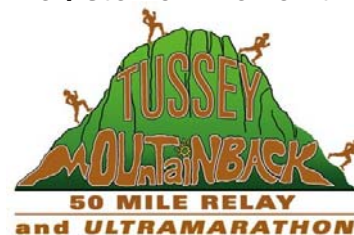


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**SCORING:** SEE CHART ON REVERSE SIDE. We use the age and gender correction factors developed by the World Association of Veteran Athletics (WAVA).  
\* Teams must have at least 5 members.  
\* Team finishes are based on adding up graded times for the 5 fastest members.

Register online for the



**October 16, 2010**  
*Just for the hill of it!*

[tusseymountainback.com](http://tusseymountainback.com)

**Don't miss the 2 remaining free Tussey Teaser runs! Visit [nvrn.com](http://nvrn.com) or [tusseymountainback.com](http://tusseymountainback.com) for details:**  
*June 6 - Treaster Kettle Test-Your-Mettle 10.6 Miler*  
*June 27 - Bear Meadows Made-in-the-Shade 7.0 or 10.6 Miler*

## 6th Annual Beidleheimer *Sidewinder 10K*

**How did you find out about this event?:** \_\_\_\_\_

**Name** \_\_\_\_\_ **Team Name (if on a Team):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town, State, Zip Code:** \_\_\_\_\_

**Phone Number - Day:**(\_\_\_\_\_) \_\_\_\_\_, **Evening:** (\_\_\_\_\_) \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Sex:** M \_\_\_ F \_\_\_, **Age (on race day):** \_\_\_\_\_, **T-Shirt Size (Men's):** S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

In consideration of this entry being accepted, I (please print) \_\_\_\_\_, do hereby indemnify, hold harmless, assume liability for, MTB50, the Beidleheimer Sidewinder 10K, its sponsors, volunteers and employees, Subway Restaurants, the Commonwealth of Pennsylvania, its agents, servants, employees, officers and directors, from any and all costs and expenses including but not limited to, attorney's fees, reasonable investigative and discovery costs, court costs, and all other sums which the Beidleheimer Sidewinder 10K, its agents, servants, employees, officers and directors may or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action, founded thereon, arising or alleged to have arisen out of my participation in the Beidleheimer Sidewinder 10K or my use of real or personal property belonging to the Commonwealth of Pennsylvania, its cities, towns, agents, servants, employees, officers, and directors, or by any action or omission by me.

**Signature (required):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**(If under 18, parent or guardian must sign):** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Sidewinder 10K – Age and Gender Graded Scoring Chart

WAVA Age Correction Factors for 10K Running					
Men		Women		Women - Normalized Factors	
Age	Factor	Age	Factor	Age	Factor
10	0.859	10	0.843	10	0.760
15	0.957	15	0.959	15	0.865
20	1.000	20	1.000	20	0.902
25	1.000	25	1.000	25	0.902
30	1.000	30	1.000	30	0.902
35	1.000	35	0.997	35	0.899
40	0.968	40	0.959	40	0.864
45	0.933	45	0.919	45	0.829
50	0.898	50	0.879	50	0.793
55	0.862	55	0.838	55	0.756
60	0.824	60	0.795	60	0.717
65	0.783	65	0.751	65	0.677
70	0.740	70	0.703	70	0.634
75	0.694	75	0.651	75	0.587
80	0.642	80	0.595	80	0.536
85	0.584	85	0.532	85	0.479
90	0.514	90	0.457	90	0.412
95	0.419	95	0.358	95	0.323
100	0.264	100	0.198	100	0.179

The World Association of Veteran Athletics (WAVA) publishes age correction factors for all running events and both male and female competitors. These numbers are used to compare performances at different ages to determine the 'real' quality represented by any finishing time. An Age Adjusted Time is calculated by simply multiplying the actual time by the Correction Factor for that age. Notice that for men aged 20 to 35 and women aged 20 to 30 the correction factor is 1. These are considered to be the peak running years for the 10K event and so Actual and Age Adjusted times are the same. To account for gender in performance the women's factors are 'normalized' by multiplying them by the ratio of world best or 'standard' times for women to the 'standard' for men. An abridged version of the WAVA tables is given above (the tables themselves are huge). We've done some geeky math to get all the numbers for any age (even down to the day!!). In our race we use the men's factors and the normalized women's factors to allow young, old, women and men to compete against each other on a level playing field. Welcome to the Panathlon!! Have fun. You might be surprised to see who you 'beat.'