

## Icarus Florida UltraFest Offers 24 Hour Championship

With the cancellation of the 24 Hour World Championships, we at Icarus Florida Ultrafest, are offering an opportunity to runners to do the day-night event this November.

A new ultra event has just been added to the international roster. Directed by Claire and Andrei Nana, and organized by the *International 100+ Ultrarunning Foundation* the *Icarus Florida UltraFest*, is actually several events in one. The course is a 1 km loop certified at the highest standards (USATF/IAAF), the races are sanctioned through USATF and received Bronze IAU labels.

Taking place in Ft Lauderdale, Florida on a flat, clean paved and almost entirely shaded course, the event begins on November 10 and runs through the 16th. The *Icarus Florida UltraFest* hosts thirteen separate events in one: a six day race, three 24 hour races, three 12 hour races, three 6 hour races and three 3 hour races. And with a fast flat course and race temperatures expected to be high 70sF during the day and mid 60sF at night, contestants can expect some records to be broken.

Most importantly, the *Icarus Florida UltraFest* gives those elite athletes qualified for the 24 hour World Championships, a comparable alternative. Race directors Andrei and Claire Nana offer a 20% discount to any of the World Championship competitors affected by the cancellation. Understanding that the effort put in training and preparing for the World Championships can be tremendous and the desire to compete to reach certain goals is important for the continuous personal growth, the Icarus Florida UltraFest offers the opportunity to compete in an elite field.

Some of the athletes competing in the race are Jesper Kenn Olsen – holder of multiple Danish records, world records and the only athlete who completed two fully documented runs around the world, Charlotte Vasarhelyi – holder of multiple Canadian records, Jovica Spajic – Serbian national champion, Liz Bauer – world record holder for the most 100 mile races completed in one consecutive year (36 races of 100 miles or longer in 2012). Many other very talented athletes from Sweden, Italy, Brazil, Hungary and other countries will join the elite field to compete in Fort Lauderdale.

Adding to the race attraction, Jesper Olsen will give a short presentation about his world runs and release his new book, *A Runner's Guide To The Planet, the English version*, which will be available on Amazon Kindle platform and Itunes.

For more information about the Icarus Florida UltraFest, please visit:  
[www.icarusfloridaultrafest.com](http://www.icarusfloridaultrafest.com).