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THE HUMAN RACE PREPARES FOR 2006 EVENT

Wes's Wicked 5k Is Back With A Twist

VALPARAISO, In. – Dec. 2, 2005 – After having successfully presented the 2005 event, The Human Race Sports has officially announced the second annual running of Wes's Wicked 5k. The 2006 event will take place on July 15, 2006 at the Pines Peak Ski Area in Valparaiso, Indiana.

The 2006 race features a new twist. Those who feel the regular course is not enough of a challenge will be able to run the optional "Extra Wicked" portion of the course. "There are so many unused areas on the property. We thought it would be great to use different sections each year to mix it up a bit," said Wes Nettles, the event's creator. Other changes are also being made. "We will also be refunding entry fees to anyone breaking the course records."

The idea to create such a difficult race came from Nettles' own background in competing in ultra-distance events. "With the exception of a handful of races, the local trail running format is virtually untapped," said Nettles. "Although many enjoy trail running, I know the ultramarathon will always remain a fringe sport because of the distances, so the idea to squeeze some of the ultra experience into 5 kilometers seemed a natural fit. Those running the race will be able to at least experience the terrain ultrarunners typically have to cover when running 50-100-mile races without doing the actual distance."

Although the event isn't until next summer, runners are not waiting to sign up at the last minute. "We continue to receive phone calls and emails from all over the country from people wanting to sign up for the next race," said Nettles. The 2005 race brought runners together from all over the United States, some coming from as far away as California and Florida.

The race isn't just about running. "Although fun and fitness are the main themes of the event, we wanted to make sure a local charity would benefit as well," Nettles said. Nettles, who is on the Board of Director at Valparaiso's Hilltop Community Health Center, explained that, "The Human Race immediately embraced the idea of using the event to raise money for Hilltop. They were very excited and took the time to visit the health center in person."

Those wanting to learn more about Wes's Wicked 5k should visit the event's website at www.wicked5k.com.