

# Thank you for joining us for the 1<sup>st</sup> Annual Bear Trax 20K and Brownie Shuffle Fun Run

## Before the race:

Please take a moment to review the raffle items at the raffle table, and take your chances at winning a prize. We will be selecting raffle winners during the race, and all winners will be posted on the raffle board when you finish. Please be sure to check the board!

## After the race:

- Enjoy the refreshments that will be available near the lodge.
- Take advantage of the massage services offered by Kendra Knuth, LMT, from InStep and Michele and Laura from F&CH Workforce Health. While the therapists are offering their services at no cost, donations to the Nancy Sellars Memorial Foundation are appreciated.
- Check out the merchandise at these vendor booths:
  - InStep
  - Mizuno

## Awards:

The awards ceremony will begin at 12:30 PM.

## Trail Rules:

- While dogs are welcome in the park, runners are asked not to take their dogs on the race course during the race.
- Strollers are not allowed on the 20K race course.
- Keep the trails beautiful. **Do not litter.**

Our thanks to these **generous sponsors** who made this race a reality!

- Milwaukee Appliance
- MPL Corporation
- Fast Signs
- InStep
- Badger Truck
- RedPrairie Corporation
- Froedtert and The Medical College of Wisconsin
- Froedtert and Community Health
- John Torinus
- Koenigs Pro Source
- Big Sky Multisport Team
- Cruise to Run
- Westendorf Associates, Inc.
- Sprint
- Carenzea
- Dick Pond Athletics
- Wheel and Sprocket
- Picture This Productions
- Wisconsin Athletic Club

**And our kilometer sponsors:** Barb Fagan & Teri Lux, Cathy & Dave Diamond, Alison and Holly Kurian, TriFoxes, Paul & Jan Grant, Denise & Amber Allan, Deb Karpek Reike Healing, Jim Besten Marathon, OnYourMark.com "The Bubbler," Jimi Sellars Music, Mary & Dave Gorski, Bobbie and John Sloan, Pat Fagan, Bob Hanisch, Gesme Family, Venus, Jim Virgili, Eileen Sherburne, Luanne Rambert & Traci Meyer

**A very special "thank you" to all of the volunteers who helped to make this race possible.**

With sincere gratitude from the Bear Trax 20K and Brownie Shuffle Race Committee

# Evaluation and Comments

Please take a few minutes to evaluate this race by checking the appropriate responses.

- GREAT = Exceptional. This race had something special that made it outstanding.
- AVERAGE = Satisfactory. What you would expect from a well-run race.
- POOR = Unsatisfactory. Did not meet basic standards or requirements.

If you rated this race as Poor, please add comments to explain what we could do better.

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*Bear Trax* *Brownie Shuffle*

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Please circle the appropriate responses below. Please add comments to the areas where you think we can improve.

	<b>Low</b>				<b>High</b>
1 Race Information	1	2	3	4	5
2 Registration Process	1	2	3	4	5
3 Entry Fee	1	2	3	4	5
4 Bear Trax Course	1	2	3	4	5
5 Brownie Shuffle Course	1	2	3	4	5
6 Course Markings	1	2	3	4	5
7 Course Marshals	1	2	3	4	5
8 Aid Stations	1	2	3	4	5
9 Toilet Facilities	1	2	3	4	5
10 Parking	1	2	3	4	5
11 Results	1	2	3	4	5
12 Raffle	1	2	3	4	5
13 Awards	1	2	3	4	5
14 Refreshments	1	2	3	4	5

Would you run this race again?                      Yes    No

Overall, how would you rate this race (circle one)      **Low**      1      2      3      4      5      6      7      8      9      **High**      10

Please leave your comments with a race committee member, or send them to:

Nancy Sellars Memorial Foundation U.A.  
 PO Box 320346  
 Franklin, WI 53132