

BEAR TRAX 20K

and **Brownie Shuffle 5K** to benefit the Nancy Sellars Memorial Foundation, U.A.

COURSE: Both events will be run within Lapham Peak State Park. The 20K will be a mix of wide, well-groomed ski trails and the single-track Ice Age. The non-competitive 5K shuffle will be on the ski trails.

DATE/TIME: The 20K run will begin at 9:30 a.m., April 26, 2009. The 5K starts at 10 a.m. Both events begin and end at the Homestead Hollow Ed Trecker Lodge (the upper cabin).

REGISTRATION: Registration is available on-line at **Active.com** or by mailing in the completed application below (**MAIL TO: Nancy Sellars Memorial Foundation U.A., P.O. Box 320346, Franklin, WI 53132**). Day-of registration is from 8 - 9 a.m. at Homestead Hollow.

HOW MUCH? Race fees for the Bear Trax 20K are \$25 by April 17 and \$30 after. For the Brownie Shuffle, fees are \$20 until April 17 and \$25 after. **Checks should be written to: Nancy Sellars Memorial Foundation, U.A.**

WHAT DO I GET? Runners get a GORGEOUS race course with stocked aid stations and a long-sleeve technical shirt. Food will be available after the race and raffle prizes will be given during the awards ceremony.

AWARDS: Besides overall awards for the male and female winners of the 20K, awards will also be distributed to the top three (M & F) in each of the following age groups:

18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

DRIVING DIRECTIONS: Lapham Peak State Park is less than a mile south of I-94 on Hwy C, Delafield exit. It's about 30 minutes west of Milwaukee and 45 minutes east of Madison. Parking will be available near the start-finish area. Cars need a state park sticker. One day passes can be purchased at the entrance.

QUESTIONS: Updates about the race will be posted at www.nancysellars.com. You can also contact Cathy Diamond at cathydiamond@hotmail.com, 414-350-6503 or Donna Connery Nilsen at: buckyfans@yahoo.com, 262-896-0043.

On-line registration also available at Active.com

APPLICATION

NAME (last, first)		Age on race day?	M or F Male or Female?
Street Address	City	State	Zip
Phone number	E-mail address		

I am doing (check one): Bear Trax 20K or Brownie Shuffle 5K **Tee shirt size:** S M L XL XXL (add \$2)

Checks should be written to the Nancy Sellars Memorial Foundation U.A. and sent with completed application to:
Nancy Sellars Foundation U.A., P.O. Box 320346, Franklin, WI 53132. See price chart above.

I know that running or walking the Lapham Peak Trails is a potentially hazardous activity. I assume all risks associated with the event including, but not limited to falls, contact with other participants, the effects of the weather, the conditions of the course which may include rough terrain, all such risks being known and appreciated by me. Having read this waiver for myself and anyone entitled to act on my behalf, I waive and release the Nancy Sellars Memorial Foundation, U.A., all sponsors, their representatives and successors, and the Wisconsin Department of Natural Resources and its employees from all claims or liabilities of any kind out of my participation in this event.

Signature (waiver must be signed by guardian if participant is under 18)

Date (month/day/year)