

Who was Nancy?



Nancy Sellars

On July 10, 2008, just two weeks after completing the Race Across America as a part of an eight-person bike team, Nancy Sellars was killed by a drunk driver during an evening bike ride with a friend.

A Milwaukee native, Nancy, 48, was a familiar face in the Midwest's endurance community. She competed in numerous triathlons (including four Ironman races), ultraruns, XC ski events and century bike rides. Professionally, Nancy was the credit manager at Kalmbach Publishing for seven years; prior to Kalmbach, she was with U. S. Bank (First Wisconsin Bank) for 23 years.

Nancy was dear to many people, especially her husband of 24 years, Jimi. She touched the lives of so many through her athletic activities, work and volunteer efforts.

Several plans are now in place to both keep Nancy's memory alive and to help prevent the tragic impact of drunk driving. In 2009, the **Nancy Sellars Memorial Foundation, U.A.**, was established to work toward the elimination of drunk driving and to educate and promote the rights and safety of bicyclists.

To learn how you can contribute to the fund, go to:

www.nancysellars.com

Nancy Sellars Memorial Foundation U.A.
451 Preserve Way
Colgate, WI 53017
www.nancysellars.com

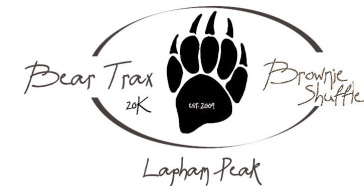
4TH ANNUAL BEAR TRAX 20K *and the* Brownie Shuffle Run/Walk

Sponsored by:



Balance Your Body with a Conscious Mind

Sunday, April 29, 2012
Lapham Peak State Park
Delafield, Wisconsin



A 20-kilometer running race and 4.3K run/walk to benefit the Nancy Sellars Memorial Foundation, an unincorporated non-profit association. Inspired by the memory of Nancy Sellars, a Milwaukee-area endurance athlete killed by a drunk driver in July, 2008, the Nancy Sellars Memorial Foundation is devoted to the promotion of bicycle safety and the elimination of drunk driving.

BEAR TRAX 20K

and **Brownie Shuffle Run/Walk** 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 Brownie Shuffle (approximately 4.3K) will be on the ski trails.

DATE/TIME: The 20K run will begin at 9:30 a.m., April 29, 2012. The Brownie Shuffle starts at 10:00 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: **Bear Trax/Brownie Shuffle, 451 Preserve Way, Colgate, WI 53017**). Day-of registration is from 8 - 9 a.m. at Homestead Hollow. **Registration is limited to 500 participants so sign up early!**

HOW MUCH? Race fees for the Bear Trax 20K are \$25 by April 6 and \$30 after. For the Brownie Shuffle, fees are \$20 until April 6 and \$25 after. **Checks should be written to: Nancy Sellars Memorial Foundation, U.A.**

WHAT DO I GET? Besides a gorgeous course and a feeling of satisfaction for helping such an important cause, partici-

pants who sign up by April 8 are guaranteed a commemorative shirt. **Those who sign up after April 9 are not guaranteed a shirt, but will receive one as long as supplies last.** Food will be available after the race.

AWARDS: Awards will be given to the overall male and female winners of both the Bear Trax and the Brownie Shuffle.

In the Bear Trax 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 but is limited; carpooling is encouraged. 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 Connerly 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		
Member of a team? Y or N	Team Name:		

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

Checks should be written to the Nancy Sellars Memorial Foundation U.A. and sent with completed application to:
Bear Trax/Brownie Shuffle, 451 Preserve Way, Colgate, WI 53017. See race fees 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)