

BEARTRAX 20K

and Brownie Shuffle 5K & 10K to benefit the Nancy Sellars Memorial Scholarship

COURSE: All events will be run within Lapham Peak State Park. The BearTrax 20K will be a mix of wide, well-groomed ski trails and the single-track Ice Age Trail. The Brownie Shuffle 5K & 10K will be on the ski trails.

DATE/TIME: This year's race is on April 29, 2018. The 20K will start at 9:30am. The 5K & 10K start at 10:00am. Both events start and finish at the Homestead Hollow Ed Trecker Lodge.

REGISTRATION: Registration is available online at <https://runsignup.com/Race/WI/Delafield/BearTraxandBrownieShuffle>, or by mailing the completed application below. If not sold out, registration will also be available on Friday, April 27 and Saturday, April 28 at InStep Delafield, 615 Genesee Street, from 10am – 5pm during **packet pickup** and on race day from 8am - 9am at Homestead Hollow. *Registration is limited to 500.*

RACE FEES: BearTrax 20K -- \$35 until December 31, 2017, \$40 from January 1 – March 31, 2018, and \$45 after April 1, 2018. Brownie Shuffle 5K/10K -- \$30 until December 31, 2017, \$35 from January 1 – March 31, 2018, and \$40 after April 1, 2018. Checks should be written to: InStep/BearTrax Race.

THE GOOD STUFF: In addition to a gorgeous course, friendly volunteers and the feeling of satisfaction for helping a great cause, participants who sign up by March 31, 2018 are

guaranteed a long-sleeve tech t-shirt. **Those who sign up after the deadline are not guaranteed a shirt, but will receive one as long as supplies last.** Hot oatmeal and other great food is available after the race.

AWARDS: A free pair of Saucony shoes will be awarded to the overall male and female winners of all three races. Age group awards will also be distributed to the top three male and female finishers in each of the following age groups: 18 and under, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80+.

DRIVING DIRECTIONS: Lapham Peak State Park is less than a mile south of I-94 on Hwy C in Delafield. 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. All cars need a state park sticker. One-day passes can be purchased at the entrance. Allow extra time if you need to purchase a sticker.

QUESTIONS: Updates and information about the scholarship fund will be posted at www.beartraxrace.com. If you prefer to talk to a live person, contact InStep Delafield at 262-646-3013.

VOLUNTEERS: WE NEED YOU! For information about volunteering, email runinstep@sbcglobal.net.

Online registration: <https://runsignup.com/Race/WI/Delafield/BearTraxandBrownieShuffle>
and via the BearTrax website registration link at: www.beartraxrace.com

APPLICATION

Name (last, first)	Age on race day?	Male or Female?	
Street Address	City	State	Zip
Phone number	E-mail address		
I am doing (circle one): 20K 10K 5K	T-shirt size (circle one): XS S M L XL XXL (add'l \$2 for XXL)		
Payment type (check one): <input type="checkbox"/> check <input type="checkbox"/> credit card: _____ - _____ - _____ - _____	exp date: _____ CCV: _____		

Checks should be written to InStep/BearTrax and sent with completed application to:
BearTrax Race, c/o InStep Delafield, 615 Genesee Street, Delafield, WI 53018. See race fees/deadlines above.

Liability Waiver: I know that running or walking at Lapham Peak State Park 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 InStep Physical Therapy & Running Centers, 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)