



19th ANNUAL LAPHAM PEAK COLORAMA RUN/WALK & SMOKEY BEAR FUN RUN

Saturday, October 6, 2007

2007
in memory of
Bob Sugden

Experience a beautiful fall run at Lapham Peak State Forest. Run on wide, well-groomed, ski/hiking trails or walk on the paved accessible trail. Strollers or wheelchairs may be used on the accessible trail with an optional walk up wooden stairs to the Observation Tower. The 5K run will tour the middle level of the park. We've brought back the 10K run with poles for those of you who cross train for skiing by running with ski poles. The 10K course, including those running with poles, follows the outer perimeter trail. The Smokey Bear Fun Run [10 & under] will encircle Homestead Hollow. Share a treat with Smokey after the fun run.

Register at Homestead Hollow Ed Trecker Lodge beginning at 8:30 a.m.; Smokey Bear Run participants may register up to the start of the fun run. **Register ONLINE www.active.com** Free drawings after the fun run; you must be present to win. Participants will receive a **long-sleeved** custom-designed t-shirt, refreshments, chance for the free drawings, and custom-designed Lapham Peak awards for age category winners. Smokey Bear participants will receive a short sleeved youth t-shirt, cake, and Smokey item.

ChampionChip® timing by Sports Management Associates with results available on-line at onlineraceresults.com.

Proceeds from the Colorama Run will be used for park improvements, including the nature center and snowmaking. Visit www.laphampeakfriends.org and www.active.com/donate/laphampeaksnowmaking.

DATE: SATURDAY, OCTOBER 6, 2007	FEES: \$20/ \$23.00 [AFTER 9/28]	SEND CHECK TO:
	\$65/\$80 FAMILY OF 4	"Lapham Peak Friends"
EVENTS: 5K RUN/10K RUN 10:00 A.M.	\$80/ \$100 FAMILY OF 5	% Kris Maki
10K Run w/ski poles 10:00 A.M.		36216 Hwy C
4K WALK 10:00 A.M.		Dousman, WI 53118
FUN RUN 11:15 A.M.	\$5.00 FUN RUN	

AWARD CATEGORIES: Custom-designed awards to the first three places; Plaques for overall winners.
5K: 12 & under; 13-19; 5 years to 70; 70-79; 80 & over. 10K: 19 & under; 5 years to 60 & over
10K w/poles: Open under 40 and Masters over 40, males and female.

DRIVING DIRECTIONS: Lapham Peak State Forest is ¾ mile south of I-94 on Highway C, Delafield Exit, 30 minutes from Milwaukee and 45 minutes from Madison.

Questions? Call race director Kris Maki at (262) 965-2636 or e-mail jmaki4@wi.rr.com ; Lapham Peak State Forest (262) 646-3025

-[cut and send]-----ONLINE: www.Active.com

Colorama Run/Walk or Smokey Bear Fun Run Registration Form

[X] in front of event _____ 5K RUN _____ 10K RUN _____ 10K Run w/poles _____ 4K WALK _____ Smokey Bear Run
[Youth t-shirt sizes below]

[X] t-shirt size _____ S _____ M _____ L _____ XL _____ XXL [add \$2] _____ Youth 2-4 _____ Youth 6-8 _____ Youth 10-12 _____ Youth 14-16

LAST NAME _____ FIRST NAME _____ SEX [] Male [] Female

ADDRESS _____ AGE _____ BIRTHDATE _____ / _____ / _____

CITY _____ STATE _____ ZIP _____ TEL:() _____ E-Mail _____

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 Lapham Peak Friends, and all sponsors, their representatives and successors, and the Department of Natural Resources and its employees from all claims or liabilities of any kind out of my participation in this event.

Signature _____ **Date** _____ **{X} if first Colorama** _____
[waiver must be signed by guardian if participant under 18]

paid check # _____ **class** _____ **Number** _____