

Saturday
October 3, 2009

21ST ANNUAL LAPHAM PEAK COLORAMA RUN/WALK & SMOKEY BEAR FUN RUN



EXPERIENCE a beautiful fall run at Lapham Peak State Forest. Run on wide, well-groomed, ski/hiking trails. Walk on the 2.5K paved accessible trail suitable for wheelchairs or strollers, or the 10K/5k route. The 5K course will tour the middle level of the park. The 10K course follows the outer perimeter trail. The Smokey Bear Fun Run [10 & under] will encircle Homestead Hollow.

REGISTER at Homestead Hollow Ed Trecker Lodge beginning at 8:00 a.m.; Smokey Bear Run participants may register up to the start of the fun run. **Register ONLINE** http://www.active.com/event_detail.cfm?event_id=1772581 until 9/30/09. 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 and Smokey item.

FREE DRAWINGS will be announced at 9:45 [you must be registered by 9:40]; Pick up your prizes after your run/walk.

ChampionChip® timing by Sports Management Associates; results available at onlineraceresults.com.

EVENTS:	REGISTRATION	8:00A.M.	FEES: \$20/ \$25.00 [AFTER 9/26]	SEND CHECK TO:
	FREE DRAWINGS	9:45A.M.	\$65/\$85 FAMILY OF 4	"Lapham Peak Friends"
	10K RUN/5K RUN	10:00 A.M.	\$80/ \$100 FAMILY OF 5	% Kris Maki
	WALK	10:05 A.M.		36216 Hwy C
	FUN RUN	11:25 A.M.	\$5 FUN RUN	Dousman, WI 53118

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 70 & over

DRIVING DIRECTIONS: Lapham Peak State Forest is ¼ mile south of I-94 on Highway C, Delafield Exit
30 minutes from Milwaukee and 45 minutes from Madison.

PROCEEDS from the Colorama Run will be used for park improvements such as prairie restoration and snowmaking.

Visit www.laphampeakfriends.org and www.active.com/donate/laphampeaksnowmaking for donation information.

Entry forms also available at <http://www.laphampeakfriends.org/Trails%20-%20Hike,%20Run,%20Bike.htm>

QUESTIONS? Call 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**

One entry per form. Copy as needed.

Colorama Run/Walk or Smokey Bear Fun Run Registration Form

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

ADDRESS _____ AGE _____ BIRTHDATE ____/____/____

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

[X] in front of event _____ 5K RUN _____ 10K RUN _____ WALK

[X] t-shirt size _____ S _____ M _____ L _____ XL _____ XXL [add \$2]

_____ No t-shirt, please.

Smokey Bear Run
[Youth t-shirt sizes below]

_____ Youth 2-4 _____ Youth 6-8 _____ Youth 10-12 _____ Youth 14-16

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 _____

Checks payable to Lapham Peak Friends