



18th ANNUAL LAPHAM PEAK COLORAMA RUN/WALK & SMOKEY BEAR FUN RUN Saturday, October 7, 2006



Experience a beautiful fall run at Lapham Peak State Park. Run on wide, well-groomed, ski/hiking trails, walk on the paved accessible trail or take a "Walk in the Park". Strollers or wheelchairs may be used on the accessible trail with an optional walk up wooden stairs to the Observation Tower from which several counties and lakes may be seen. 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 crosstrain for skiing by running with ski poles. We also have a very special free drawing this year: See below! 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 Bear 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. Free drawings after the fun run; you must be present to win. This year's Big Prize is an \$1143 complete ski package donated by Joe Gollinger of Chi-Town Sports. Park fees are waived for this special event. Participants will receive a long-sleeved custom-designed t-shirt, refreshments, a chance for the free drawings, and custom-designed Lapham Peak awards for age category winners.

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 our new snowmaking project. Visit www.active.com/donate/laphampeaksnowmaking and www.laphampeakfriends.org.

DATE: SATURDAY, OCTOBER 7, 2006	FEES: \$17.00/ \$20.00 [AFTER 9/28] \$55/ \$70.00 FAMILY OF 4 \$60.00/ \$80.00 FAMILY OF 5	SEND CHECK TO: "Lapham Peak Friends" % Kris Maki 36216 Hwy C Dousman, WI 53118
EVENTS: 5K RUN/10K RUN 10:00 A.M. 10K Run w/ski poles 10:00 A.M. 4K WALK 10:00 A.M. FUN RUN 11:15 A.M.	\$3.00 FUN RUN	

AWARD CATEGORIES: Custom-designed medals to the first three places; Plaques for overall winners.
5K: 12 & under; 13-19; 5 years to 70; 70 and 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 Park is ¾ mile south of I-94 on Highway C, Delafield Exit. 30 minutes from Milwaukee and about 45 minutes from Madison. Follow signs in park to Homestead Hollow.

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

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

Colorama Run/Walk or Smokey Bear Fun Run Registration Form

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

[X] t-shirt size _____ 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 _____