

Glacial Trail 50K & 50 Mile Run

Date: Sunday October 9th, 2011

Place: Fire Station/Community Hall (Sugarbush Dr. & HWY23), Greenbush, WI

Course: The Glacial Trail Run takes place in the northern unit of the Wisconsin Kettle Moraine State Forest. The course is out and back for both races, primarily on the Ice Age Trail.

Aide Stations: Stocked with HEED, water and food. Stations are spaced from four to eight miles apart. One-drop bag station - (50K mile 13.3 & 17.7) (50 mile 13.3 & 36.7).

Crewing: Aide stations only; no stashing fluids on the course. Pacing (having a non-registered person run with you from AS to AS) is not allowed.

Time Limit: 50K - 7:00 AM Start, 10-hour cutoff. 50 mile - 6:00 AM start, 12-hour cutoff.

Packet Pickup: Begins 5:00 AM at the start, day of the race.

Perks: Custom Sweatshirt; food and beverage for all entrants after the race.

Awards: Top ten males, top five females, masters & senior masters both races. Custom medal to all finishers.

Results: Posted in Strider newsletter & on web site (www.badgerlandstriders.org).

Limited Entry: 200 total entrants, for both races combined.

Entry Fee: (entry fees are non-refundable)

50K \$50 until 9/3, \$60 until 9/24, \$70 afterwards

50M \$60 until 9/3, \$70 until 9/24, \$80 afterwards

\$10 Discount for Strider members until 9/24; no discount on last entry fee level

Registration and entry fee payable to Badgerland Striders

SEND TO: Robert Wehner

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Questions: rwehner@hotmail.com

262-370-7270

Club Xavier: I attest and verify that I will participate in this event as a footrace, that I am physically fit and have sufficiently trained for the completion of this event. In consideration of your accepting this entry, I the undersigned, intend to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Badgerland Striders, and counties, cities and villages in which the race is contested, and their affiliates, agents, servants, employees, assigns, successors, and heirs or any other sponsors and their representatives, successor, and assigns for any and all injuries suffered by me in said event.

Signature: _____

Date: _____

Name: _____

Age: _____ **Sex:** M / F

Address: _____

50K _____ **50 Mile** _____

City, State, Zip: _____

Strider: Yes / No

Email or Phone # : _____
XL

Sweatshirt Size: S M L