

# 30<sup>th</sup> Annual



## 50 Mile, 50K & Half Marathon Trail Runs Saturday, May 14, 2011

**Time & Place:** **50 Mile Trail Run** - 6:00 a.m. 12 Hour Time Limit. **50k Trail Run** - 8:00 a.m. 10 Hour Time Limit. **Half Marathon** - 9:00 a.m. Four Hour Time Limit. **Time Limits will be Strictly Enforced.**

**Start - Finish:** Located in the Southern Kettle Moraine State Forest, 38 miles SW of Milwaukee at the Nordic Ski Trails on County H, 1 1/2 miles north of La Grange, WI.

**Entry:** Online through RunRace.net or by mail. TO ENSURE PROMPT PROCESSING, PLEASE REGISTER ONLINE AT [iceagetrail50.com](http://iceagetrail50.com) Race fee includes technical race shirt, WI DNR State Park daily parking pass and a post-race BBQ dinner for all entrants..

**Registration closes and all entries must be received prior to Sunday, May 8. Race limited to 600 total entries for all events (125 maximum for the Half Marathon).**

**Packet Pick-up:** **Fri:** May 13, 4:00-7:00 p.m. Randy's Restaurant - Whitewater, WI. See website for map and directions.  
**Sat:** May 14, 5:00-9:00 a.m. at the start area.

**Pre-Race Lasagna Dinner:** An optional lasagna dinner (meat or vegetarian) is available at Packet Pick-up on Friday from 4:30 p.m. to 7:00 p.m. Reservations and a \$15 per person pre-paid fee required for pasta dinner by Sunday May 8.

**Post Race BBQ Dinner:** Post Race Barbeque Dinner, including beer and soda is included for all registered runners. Additional Post Race Dinners for family and crew members are available for purchase at \$15 each. Need to pre-purchase. See below.

**Individual Awards:** Custom belt buckle awarded to all 50 mile run finishers upon completion of course within the 12-hour time limit and all posted cut-off times. Finisher awards for 50k runners completing the course in the 10-hour time limit and Half Marathon under 4-hour limit.

**Age Division Awards Ceremonies:** 1:30 for the Half Marathon. 3:00 p.m. for 50k and early 50 mile finishers and 6:00 p.m. for the 50-mile at Finish Line.

**Training Runs:** There will be two training build up runs available on the Ice Age Trail, one scheduled on Sat. April 23 and the other on Sat. April 30 at 7:30 a.m. at the Ice Age Trail 50 start area. The runs are hosted by ultrarunning legend Tom Bunk.

FOR MORE DETAILED INFORMATION ABOUT THE RACE COURSE, EVENT RULES, AID STATIONS, CUTOFF TIMES, TRAINING TIPS, LODGING AND AREA INFORMATION, VISIT [WWW.ICEAGETRAIL50.COM](http://WWW.ICEAGETRAIL50.COM)

**RACE FEES:** Check one Event & the appropriate Race Fee:

Event	Postmarked by March 31		Postmarked on or After April 1 <sup>st</sup>		BLS Members by March 31
	Online	Mailed	Online	Mailed	Online only
50 Mile Run	\$90	\$100	\$100	\$110	\$75
50k Run	\$70	\$80	\$80	\$90	\$60
Half Marathon	\$65	\$75	\$75	\$85	\$60

**Food Purchases**

Meat or Vegetarian Lasagna Dinners	\$15 per Dinner	(# of Meat _____ # Vegetarian _____)	Dinner Fee	\$ _____
Additional BBQ's Dinners	\$15 per BBQ	# of Additional BBQ's _____	BBQ Fee	\$ _____
			<b>TOTAL FEES submitted \$</b>	<b>_____</b>

Make Checks payable to: **Badgerland Striders** and mail with entry to: **Jeff Mallach, N66 W30716 Red Fox Run, Hartland, WI 53029**  
**Sorry, NO REFUND or TRANSFERRING OF ENTRY FEES FOR ANY REASON.**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Age \_\_\_\_ Date of Birth: YR \_\_\_\_ Mon \_\_\_\_ Day \_\_\_\_ Gender: Male \_\_\_\_ Female \_\_\_\_ Badgerland Strider Member Yes No  
 Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email Address \_\_\_\_\_ (Strictly to be used for race updates only)  
 Relay Partner(s) (if Applicable): \_\_\_\_\_  
 Team Name: (Required for Relay Teams) \_\_\_\_\_  
 Shirt Size - Circle one: S M L XL # of Previous Ice Age 50 Mile Races Completed \_\_\_\_\_

I know that running the Ice Age Trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, lightning, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Badgerland Striders Runners Club, all volunteers, the counties of Waukesha, Walworth & Jefferson, the towns of La Grange, Palmyra & Whitewater, emergency medical personnel and the Department of Natural Resources and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby grant permission for the free use of any photos or film of me. I acknowledge that it is my responsibility to study and learn the trail in advance and to run 50 miles or 50 K on the official course to get an official time and belt buckle. Running any distance less than 50 miles or 50K will result in disqualification.

Runner's Signature \_\_\_\_\_ (Date) \_\_\_\_\_ rev 11/16/2010