

2010 SUPERUN 5K RUN

7:00 p.m. - Wednesday, June 23, 2010

In Beautiful, Cool Lake Park 3233 E Kenwood Blvd

From I-43 Exit on Locust St. (Exit 74) East to Park

COURSE:	Paved roads and bike paths in scenic Lake Park on Milwaukee's east side. TAC/RRCA certified, one water stop, one hill, split times given at one and two miles.
ENTRY FEE:	\$10 Senior Runners - Age 60 by race day \$20 (\$15 for Strider members) \$25 for EVERYONE Race Day!!
Sponsor Gifts for 2010:	Rodiez's Running Store Custom Race Bib numbers distributed to all participants. Rodiez's Custom designed "Magic" running socks will again be distributed to the first 500 race day runners! InStep Physical Therapy & Performance Footwear will provide a Drawstring Back Pack to the first 500 race day runners! Racers Against Childhood Cancer (RACC) www.racersagaincancer.org , will provide a Deluxe RACC Water Bottle to race day runners!
ONLINE REGISTRATION:	NO SERVICE FEE On-line registration available at www.Active.com thru Sun, June 20th.
MAIL-IN REGISTRATION:	Mail prior to June 12 th , make checks payable to: Badgerland Striders c/o John White 7506 North 41st Street Milwaukee, WI 53209 Phone: 414-852-4789 E-Mail: johnwhite1@att.net
DROP-OFF REGISTRATION:	From June 13 - June 19, Drop off \$\$\$ & Registration Form at Rodiez' Running Store (10903 W Lincoln Avenue) OR InStep Physical Therapy and Performance Footwear (Delafield, Mequon, Franklin & Milwaukee - www.runinstep.com)
RACE DAY REGISTRATION:	\$25 Race Day Lake Park from 5 to 6:30 p.m. <u>Shirt not guaranteed for race day entries.</u>
REFRESHMENTS:	Soft drinks, fruit, beer, and \$2.50 Italian sausages will be available. Please add post race sandwich(s) request with your entry below.
AGE GROUP AWARDS:	Award Ceremony at 8 p.m. Medals awarded for first five places M/F: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 and over.
Race Results:	www.badgerlandstriders.org , www.onlineraceresults.com and www.smaresults.com
RESTRICTIONS:	For entrant's safety, please no bikes, skates, strollers, wheelchairs, or animals on the course.
CONTRIBUTIONS:	\$500.00 will be donated to the "Jenny Crain - Make It Happen Fund"© Additional donations are welcome and will play an important role in deferring costs related to Jenny's medical expenses. For more information go to: www.jennycrain.net



2010 Superun 5K Entry Form

PLEASE PRINT. Incomplete, illegible or unsigned entries will not be accepted. Fee must accompany this form, checks payable to Badgerland Striders Inc., c/o John White 7506 North 41st Street Milwaukee, WI 53209. **NO REFUNDS:** Race officials reserve the right to disqualify runners for cause, reject any entry, or cancel the race due to act of God.

Name: _____, _____ Phone: _____
(Last) (First)
Address: _____ e-mail: _____
City: _____ State: _____ Zip: _____
Sex: M F Age: _____ Shirt Size S / M / L / XL Birth Date: (M/D/Y) _____

Badgerland Strider Member Yes No

Sausage Sandwiches: _____ @ \$2.50 each = \$ _____

Waiver: I know that running a road 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 compete in the run. I assume all risks associated with running in the event including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and 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 running club, the Pompeii Men's Club, the City and County of Milwaukee, race officials, all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of participation by me, or any of my minor children, in this event. I grant permission for all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I certify I am an amateur under TAC rules and I am eligible for this competition.

Runner's signature

Date

Parent's signature (if under 18)

Date