

Black Hawk Ridge Trail Run

8K /16K • October 30, 2011

Location

Black Hawk Unit of the Lower Wisconsin State Riverway, Hwy 78, approximately 1 mile south of the intersection with County Y (18 miles northwest of Madison). Parking is limited—carpool if you can! Note: Black Hawk is public land, but not a park, and hunting is allowed. It won't be gun deer season on race day, but bow hunting and some small game will be in season.

Course

Slightly revised for 2011 due to a trail closure. Both 8K and 16K will start together with a scenic prairie loop to the north, then spilt at about 2K. The 8K course then runs the ridge top south with dips down a few side valleys, taking you through restored prairie, hardwood forest, and pine plantation with views of the Wisconsin River valley and beyond. The 16K course goes down, down, down to the bottom of the ridge to tour the Wisconsin Heights battlegrounds. You'll climb back up to the top of the ridge, then head south on the 8K course for the second loop of the 16K.

Amenities

- Water and Gatorade on course
- Handy non-clothing giveaway item
- Delicious hot soup—vegetarian and not
- Homemade cookies, bread, and more!

Schedule

8:30—9:30 AM Registration/check-in 10:00 AM Start

Benefit

Proceeds benefit the Lower Wisconsin State Riverway Fund and the Friends of Blue Mound State Park. The Riverway Fund supports the Department of Natural Resource's wildlife habitat restoration and management activities along the Lower Wisconsin River. The Friends of BMSP support many projects in the park every year, and help host the trail run.

Awards

8K: Overall male/female winners and age group male/female top three: <20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
16K: Overall male/female winners and age group male/female top three: <30, 30-39, 40-49, 50-59, 60-69, 70+

Register online at active.com — Same price, no added fee
More info at wisconsintrailruns.com

Registration Form • Black Hawk Ridge Trail Run

First Name _____	MI _____	Last Name _____
Address _____		
City _____	State _____	Zip _____
Phone Number _____	E-mail Address _____	
Event: <input type="checkbox"/> 8K <input type="checkbox"/> 16K	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	Age on 10/30/11: _____
Emergency Contact Name _____	Emergency Contact Phone Number _____	

Registration limited to the first 200 runners

Entry Fees

Early: Thru 10/10/11 \$33
Less Early: Thru 10/26/11 \$38
(mail-in must be postmarked by 10/22)
Race Day (if not already full): \$42
High school runners \$15 Discount
No refunds

Checks payable to:
FBMSP

Mail to:

Willi Van Haren
10555 W Erbe Rd
Blue Mounds, WI 53517

I am aware of the risks associated with running and trail running. I am aware that the trail is in a natural condition beyond the control of the race directors and voluntarily accept any risk before entering the race. In consideration of the right to participate in the Black Hawk Ridge Trail Run (BHRTR) events, I hereby release and hold harmless the Wis. Dept. of Natural Resources, the Friends of Blue Mound State Park, and all employees, volunteers or sponsors involved in the BHRTR events from any claim, liability, demand action or cause of action whatsoever, arising out of any loss, damage or injury to myself or my property in connection with or arising out of this event. I understand that I am responsible to make my own judgments before proceeding onto the trail or crossing roads as to the appropriate speed and timing. I covenant, warrant and agree that I am entering into this event of my own free will and am voluntarily executing this release. I understand and agree that the co-sponsors of the BHRTR events make no warranties whatsoever and are not the insurers of, nor responsible for, my safety during the BHRTR events or while traveling to and from the event or in preparation or recovery there from. I consent to emergency medical treatment if I am injured during the BHRTR events. I warrant that I am 18 years of age or older (unless signed by parent/guardian below) and am not suffering any mental or physical infirmity which might adversely affect my judgment.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, digital, electronic or film likeness to be used for any legitimate purpose by the event holders, producers, organizers, and/or assigns.

Signature: _____ Date: _____

I am the parent/guardian for the above applicant, who is under the age of 18 (eighteen). By executing this document, I consent to the applicant's participation in the BHRTR events. I consent to the terms of this release and I agree to be fully bound by the terms of this release, both individually and as a parent/guardian of this applicant.

Signature: _____ Date: _____