



National Trails Day • June 5, 2010 • 18K or 11K

Location Blue Mound State Park, Blue Mounds, Wisconsin—about 20 miles west of Madison. Registration and start are in the pool area. State park vehicle admission sticker required—may be purchased on entry.

Course The challenging 18K course traverses prairies and deep woods on a mix of ski trails and single-track, and features a climb to the top of Blue Mound near the end. This year the course also extends east to the East Mound at Brigham Park. The new section is not on an established trail and footing may be rough and unpredictable. The 11K course picks up the first and last sections of the 18K course for a shorter but challenging taste of trail running. Plenty of hills, rocks, and mud for all!

Amenities

- Tech running T-shirt (guaranteed only if pre-registered)
- Water, energy drink, and food on course
- Showers (bring a towel)
- Post-race food!

Schedule 7:00-8:15 AM Registration/check-in 8:30 AM Race Start

Benefit Proceeds benefit the Friends of Blue Mound State Park. The Friends support many projects in the park every year, from trail maintenance to fund raising for a new all season shelter and learning center at the trailhead.

Awards 18K: Overall m/f winners and age group m/f top three: <20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
11K: Overall m/f winners and age group m/f top three: <15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

More info at www.wisconsintrailruns.com • • • • Online registration at www.active.com

Registration Form • Blue Mound Trail Run

First Name _____ MI _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ E-mail Address (for confirmation and future run notices) _____

Event: 18K 11K Sex: M F Age on 6/5/10: _____

T-Shirt: XS S M L XL

Emergency Contact Name _____ Emergency Contact Phone Number _____

Registration limited to the first 300 runners

Entry Fees

Early: Until 5/15/10	\$32
Less Early: Until 6/2/10	\$37

(mail-in must be postmarked by 5/29)
Race Day (if not already full) \$42
\$10 discount for high school
No refunds
Register online same price—no added fee!

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 Blue Mound Trail Run (BMTR) events, I hereby release and hold harmless the Friends of Blue Mound State Park, Dane County, Blue Mound State Park and the Wis. Dept. of Natural Resources and all employees, volunteers or sponsors involved in the BMTR 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 BMTR events make no warranties whatsoever and are not the insurers of, nor responsible for, my safety during the BMTR 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 BMTR 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, electronic, digital 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 applicants participation in the BMTR 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: _____