

20th ANNUAL WOLF LAKE TRAIL RUN/HIKE

26313 Burlington Road, Kansasville, WI 53139

DATE: September 29, 2019 **TIME:** 9:00 a.m. Sharp

PACKET PICK-UP/RACE DAY REGISTRATION: 7:45 – 8:30 A.M.

PRICING: Postmarked Prior to **SEPTEMBER 10, 2019:** Adults \$30.00 Youth 14 and under - \$18.00

***Early Registration will guarantee a custom long sleeve T-Shirt**

After September 11, 2019 or Race Day Registration: Adults - \$35.00 Youth \$18.00 (limited T-shirts will be available). Same day registration will be at the park visitor's center from 7:45-8:30 a.m.

AWARDS/AGE DIVISIONS: Top male and female 5K runners in each of the following age categories will receive handmade pottery mugs as awards; 2nd and 3rd place will receive a race medal – 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

FREE PARK ADMISSION

Refreshments, Mugs for Winners, Crock Raffle for Registered Walkers and Raffle (\$1.00 per ticket)

Course Description: 5K course begins and ends near the beach; traverse hills, grasslands and woodlands.

5K/One Mile Hike: Course begins and ends near the beach

***Strollers are not allowed. Dogs not allowed on trails during the race or in picnic areas.**

QUESTIONS

Email: jmdickinson6929@icloud.com

Website: www.BongNaturalistAssociation.org

Race Coordinator: Theresa Leydens 337-532-7509

Please Print Clearly

Date: _____

Full Name: _____ Gender: M F Age: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Telephone Number: _____ Email: _____

Name on Credit Card: _____

Credit Card Number: _____ Exp. Date _____ CVU: _____

Signature verifying agreement to charge card: _____

Mail form and payment to: WLTR c/o Bong State Recreation Area, 26313 Burlington Rd, Kansasville, WI 53139

Make Checks payable to BNA or Bong Naturalist Association

Please Select:

- 5K Trail Run
- 5K/1Mile Hike (Registered Walkers/Hikers only will receive a raffle ticket to participate in the crock raffle)

Shirt Size: Adult: S M L XL

Youth: M L

Waiver and Release: In consideration of the acceptance of my entry, I, the undersigned to be legally bound for myself, my Heirs, Executors and Administrators do hereby release any and all sponsors of this race, and their representatives, successors and assigns, from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race, I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use, for publicity and or promotional purposes, my name and/or photographs, videotapes, and recordings of my participation in this event without obligation or liability to me. I also understand that entry fees I pay are non-refundable. I have read the foregoing and certify my agreement by my signature below.

I understand and agree to the waiver and release

Signature: _____

Date: _____

Parent/Guardian Signature for Youth under age 18: _____