

2009 Lakefront Discovery Run, October 31st, 2009, 9:00am

Milwaukee County War Memorial Center, 750 N Lincoln Memorial Drive Milwaukee, WI 53202



Course: starts at 9:00 am the War Memorial, travels north on Lincoln Memorial, thru Lake Park, back south along the park paths, past the lagoon, then south past Summerfest and ends near the Milwaukee Ale House (N Water St). Visit the Badgerland Striders website for a link to the USATF Course map; www.usatf.org or www.badgerlandstriders.org or The finish line/course will remain open for two hours from start (11:00am). Please use caution if you are finishing after this time; there will not be officials on the course.

Register Online:

Visit the Badgerland Striders website for the registration link, or go straight to **Active.com** to register. www.badgerlandstriders.org. Under Events, click on Lakefront Discovery Run, and look for the information/registration link. This will direct you to **Active.com** to register.

Fees: Pre-registered online \$25. Pre-registered before 10/7/09 \$22. USPS mailed in apps \$30 (must be mailed in **before 10/17/09**). After 10/17/09 all paper forms will be returned to sender. Race Morning \$25 cash only all registrants. NO T-shirt for last minute registrants!

Shirts- REGISTER ONLINE AND GET A LONG SLEEVED MOISTURE WICKING SHIRT! IT'S A 'ONE OF A KIND'! Can you tell we really want you to sign up early, ONLINE? :-)
-If you register the day of the race, you will definitely NOT get a shirt.

Packet Pickup/In-Person Registration- offered at 3 different times for your convenience;

- Thursday Oct 29th from 5-8pm only! InStep (403 E Buffalo, Milw 53202)
- Friday Oct 30th from 3-6 pm only! InStep (403 E Buffalo, Milw 53202)
- Race day 7am and 8:30am at the War Memorial (750 N Lincoln Memorial Dr 53202).

Transportation- You can park near the start line on the city streets or in the War Memorial lot for \$5. A shuttle bus will pick up in front of the Milwaukee Ale House between 10:00 and 12:30 and transport you back to the War Memorial Center. Post race activities are held at the Milwaukee Ale House (233 North Water Street, Milwaukee, WI 53202) between 9:15 AM and 12:30 PM.

Costumes? Since it is Halloween, feel free to wear a costume if you are so inclined.

Refreshments Salty snacks and water will be available at the finish line. The Milwaukee Ale House will be serving malted refreshments (to legal drinking age participants) just after the race, until we kill the kegs.
Bag Drop: Located at the starting line to carry your non-valuable belongings to the finish line. Just look for the SIGNS at the start line.

Awards/Divisions (15K): The overall male and female winners receive InStep Gift Certificates. The Masters male and female winners receive Milwaukee Ale House Gift Certificates. 15K Age group awards (male and female – 3 deep) for 14 and under, 15-19, 20-24, . . .70-74, 75+. (Overall and Masters winners do not qualify for age group awards.) 15K Awards will be presented at 11:00 AM. NOTE: All age group awards will be mailed.
5K Fun Run Awards: Awards go to, regardless of gender and age, the individuals finishing 31st, 76th, and 9th from last place. This is a fun run, so the awards reflect that. 5K Fun Run Awards will be presented at 10:30 AM.

Results: Complete results will be posted in "The Strider" newsletter. Race results will also be posted at www.badgerlandstriders.org.

Chip Timing- If you wish to be chip timed for this event, you need to stop at the War Memorial packet pickup between 7am and 8:30 am on race morning to pick up your chip!

Mail in Registration:

If there is no way you can get to a computer, you may register by mail before October 17th. If postmarked before October 17th, mail-in entries will be accepted and will receive a Long-sleeved T-shirt. After October 17th, you must register online or in-person at the posted times and places. Mailed in entry fee is \$30.

Please register online if at all possible. You **save \$\$money and paper**. www.Active.com

LAKEFRONT DISCOVERY RUN 10/31/2009; MAIL IN FORM

USE ONE FORM PER PERSON. ALL FIELDS REQUIRED;

Last Name													
First Name, Middle Initial													
Age (in years) on race day					_____ years old/young ☺								
Gender, CIRCLE ONE			M		F								
Street Address													
City /State/Zip													
Shirt Size, CIRCLE ONE		S		M		L		XL		XXL		XXXL	
Email address													
Race Distance Selection			15K		5K								
Phone number													
Please note, if you do not supply a phone number or an email address, we will be unable to notify you if there is a problem with your race app. Read and Sign Waiver below;													

WAIVER: I certify that I am eligible to participate in this competition under USA Track and Field rules. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Badgerland Striders, Milwaukee County, Milwaukee County Department of Parks, Wisconsin Department of Natural Resources, Lakeshore State Park, the City of Milwaukee and their affiliates, agents, servants, employees, assigns, successors, and heirs and any other sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am an amateur and that I will participate in the event as a footrace, that I am physically fit and have sufficiently trained for the completion of this event and a licensed medical doctor has verified my physical condition. 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 heat, humidity, rain, cold, ice and snow), traffic and conditions of the road, all such risks being known and appreciated by me. Further, I hereby grant full permission to any and all of the foregoing to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, recordings and any other record of this event in which I may appear for any legitimate purpose including television broadcast of the event, the reuse in any media of this broadcast and in advertising and promotion for such broadcast and reuse. I understand that the race may be cancelled or postponed due to natural disaster or other similar causes. I agree not to wear headphones on the course or to take any animal with me on the course. **PLEASE NOTE: ENTRY FEES ARE NON-REFUNDABLE.**

Participants Signature or Parents Signature (If Entrant is Under 18 Years of Age) Date

Mail completed form and \$30 check made payable to "Lakefront Discovery Run" to:
Lakefront Discovery Run
1030 W River Park Ln.
Glendale, WI 53209

Do NOT MAIL any paper forms after 10/17/09. They will be **returned to sender**, period.

Online registration is open until 10/28/09. Please register on Active.com
Questions? Email Discoveryrun@wi.rr.com or 414-961-0116 for recorded information.