

27th Annual Ice Age Trail 50 50 Mile Trail Run & 50k Trail Run & 50k Relay Saturday, May 10, 2008

Time & Place: **50 Mile Trail Run** - 6:00 a.m. 12 Hour Time Limit. **50K Trail Run & 50k Relay** - 8:00 a.m. 10 Hour Time Limit. **Time Limits will be Strictly Enforced.** See Web site for specific mileage cut-off times during the run.

Start – Finish: Located in the Southern Kettle Moraine State Forest, 38 miles SW of Milwaukee at the Nordic Ski Trails on County H, 1 1/2 miles north of La Grange, WI

Entry: By mail or on-line through Active.com. **An additional \$10 fee is required for all mailed entries.** Refer to web site at iceagetrail50.com for on-line registration and detailed information on the race course, event rules, aid stations, check points, training tips, lodging and area information. Race fee includes race T-Shirt, WIS DNR State Park daily parking fee, and a Post-Race BBQ Dinner for all entrants.

Registration closes and all entries must be received prior to Sunday, May 4th. Race limited to 600 total entries for all events.

Packet Pick-up: **Fri:** May 9th 4:00–7:30 p.m. Old World Wisconsin - Eagle, WI. See website for map and directions.
Sat: May 10th 5:00-8:00 a.m. at the start area.

Pre-Race Pasta Dinner - An optional all-you-can-eat pasta dinner is available at Packet Pick-up on Friday from 4:30 p.m. to 7:00 p.m. Reservations and a \$15 per person pre-paid fee required for pasta dinner by Sunday May 4th.

Post Race BBQ Dinner: Post Race Barbeque Dinner, including beer and soda is included for all registered runners. Additional Post Race Dinners for family and crew members are available for purchase at \$15 each. Need to pre-purchase, see below.

Individual Awards: Custom belt buckle awarded to all 50 mile run finishers upon completion of course within the 12-hour time limit and all posted cut-off times. Finisher awards for 50k runners completing the course in the 10-hour time limit.

Age Division Awards Ceremonies: 6:00 p.m. for 50 mile run and 3:00 p.m. for 50k and 50k Relay at Finish Line. Please refer to web site for details for the specific age division awards breakdown.

50k Relay: Two or Three person Relay Teams. 1st Leg - out & back on Ice Age Trail, approximately 13 miles. 2nd Leg – 2 Loops of Nordic Trail for two person teams - approximately 18 miles, 1 Loop for three person teams, approximately 9 miles, 3rd Leg for three person relay teams – 1 Loop - approximately 9 miles. Each Relay team member must complete and submit a separate registration form and be submitted together.

Training Runs: There will be two training build up runs available on the Ice Age Trail, one scheduled on Sat. April 19th and the other on Sat. April 26th at 7:30 a.m. at the Ice Age Trail 50 Start area. The runs are hosted by Tom Bunk. Refer to web site for details.

RACE FEES: Check one Event & the appropriate Race Fee:

Event	Prior to April 1 st		On or After April 1 st		BLS Members	Race Fee \$ _____
	On-line	Mailed	On-line	Mailed	Prior to April 1 st On-Line only	
50 Mile Run	\$70	\$80	\$80	\$90	\$60	
50k Run	\$50	\$60	\$60	\$70	\$40	
50k Relay (cost per person)	\$40	\$50	\$50	\$60	\$30	

(Relay team entries must be submitted together with one registration form completed per relay team member)

Food Purchases

Pasta Dinners	\$15 per Pasta Dinner	# of Dinners	_____	Pasta Fee \$ _____
Additional BBQ's Dinners	\$15 per BBQ	# of Additional BBQ's	_____	BBQ Fee \$ _____
TOTAL FEES submitted				\$ _____

Make Checks payable to: **Badgerland Striders** and mail with entry to: **4333 Steeple View Ct. Hubertus, WI 53033**
Sorry, NO REFUND or TRANSFERRING OF ENTRY FEES FOR ANY REASON.

First Name _____ Last Name _____
 Address _____ City _____ State _____ Zip Code _____
 Age ____ Date of Birth: YR ____ Mon ____ Day ____ Gender: Male ____ Female ____
 Phone _____ - _____ - _____ Badgerland Strider Member Yes No
 E-Mail Address _____ (Strictly to be used for race information updates only)
 Relay Partner (s) (if Applicable): _____
 Team Name: (Required for Relay Teams) _____
 Shirt Size – Circle one: S M L XL # of Previous Ice Age 50 Mile Races Completed _____

I know that running the Ice Age Trail 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 complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, lightning, traffic and the 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 Runners Club, all volunteers, the counties of Waukesha, Walworth & Jefferson, the towns of La Grange, Palmyra & Whitewater, emergency medical personnel and the Department of Natural Resources and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby grant permission for the free use of any photos or film of me. I acknowledge that it is my responsibility to study and learn the trail in advance and to run 50 miles or 50 K on the official course to get an official time and belt buckle. Running any distance less than 50 miles or 50K will result in disqualification.

Runner's Signature _____ (Date) _____