

Saturday July 11, 2009 • 9:00 AM

3 EXCITING TRAIL RACES

----- Seeley, Wisconsin -----

• **5K NORDIC POLE
HIKING RACE**

• **5K RUN
/WALK**

• **10K RUN**

*START AND END
IN DOWNTOWN
SEELEY, WI*



*Registration
at the*
SAWMILL SALOON

- **FRIDAY** -
5:00 - 8:30 PM

- **SATURDAY** -
7:30 - 8:30 AM

PRE-REG:
\$20 - 10K / \$12 - 5K

DAY OF:
\$25 - 10K / \$15 - 5K

**FIRST 100 ENTRIES
RECEIVE SOCKS**

SPONSORED BY THE



**Seeley
Lions Club**

ActiveEdge
*Keeping Fit in
The Real World*
www.activedgewi.com

Register Online
www.seeleywis.com

Awards are at 11:00 AM on the Art Fest Grounds

Namekagon Art Festival Run

Name _____

Address _____

City/State/Zip _____

Phone _____ Sex M _____ F _____ Age _____ 5K _____ 10K _____ 5K Pole _____

I am aware of the significant risk of personal injury, death, or property damage or severe or fatal injuries to me and others. I agree that I alone am responsible for my safety while participating in the event. I do not hold any employee, sponsors, promoter, volunteer, club official, or director or person other than myself responsible for my safety. I agree to accept all responsibility for the risks, conditions and natural, mechanical or environmental. I hereby agree to waive, release and discharge any and all claims for damages, death or personal injury or property damage which and have accrued to me as a result of my (or co-sign for under 18) participation in the event. I agree to hold harmless and indemnify all persons and entities identified above from any liability for death, personal injury, or property damage from the participation in this sport and training. This acknowledgment and assumption of risk and release shall be binding upon my heirs and assigns.

Signature _____

Guardian Signature (if under 18) _____

Race Use BIB# _____

Lodging Assistance:

Lenroot Lodge: 715-634-7007

Hayward Chamber: 800-533-7454

Cable Chamber: 800-533-7454