

2019 SUPERUN 5K

7:00 p.m. - **Wednesday, June 19, 2019**

In Beautiful, Cool Lake Park 3233 E Kenwood Blvd
From I-43 Exit on Locust St. (Exit 74) East to Park

COURSE: Paved roads and bike paths in scenic Lake Park on Milwaukee's east side. TAC/RRCA certified, one water stop, one hill.

ENTRY FEE: \$20 Senior Runners – Age 60+
\$15 for runners_19 and under until June 16th
\$20 for Strider & TriWisconsin Triathlon Team members until June 16th
\$25 for **Non-Striders** until June 16th
\$35 for **EVERYONE** after June 16th!
On-Line Registration available until June 16th at
<https://runsignup.com/Race/WI/Milwaukee/Superun5K>

REGISTRATION: Mail prior to June 16th. Make checks payable to:
Badgerland Striders
c/o Dave Gavinski
5815 West Wells St
Wauwatosa, WI 53213
E-Mail: davegavnski@juno.com

DAY OF RACE REGISTRATION: \$35 Race Day
Lake Park from 5 to 6:30 p.m.
Shirt not guaranteed after June 9th and for Race Day entries.

REFRESHMENTS: Soft drinks, beer provided. Pre-ordered Italian sausages \$3.00 will be available;
Please add post-race sandwich(s) request with entry below. Sausages \$4 on race day!

AGE GROUP AWARDS: Medals awarded for first three places M/F: 9 and under; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 and over.
Unclaimed medals will not be mailed!

Race Results: www.badgerlandstriders.org

RESTRICTIONS: For entrant's safety, please no bikes, skates, strollers, wheelchairs, or animals on the course.

2019 Superun 5K Entry Form

PLEASE PRINT. Incomplete, illegible or unsigned entries will not be accepted. Fee must accompany this form, checks payable to Badgerland Striders Inc., c/o Dave Gavinski, 5815 W Wells St Wauwatosa, WI 53213. **NO REFUNDS:** Race officials reserve the right to disqualify runners for cause, reject any entry, or cancel the race due to act of God. Race will not be rescheduled.

Name: _____, _____ Phone: _____
(Last) (First)
Address: _____ e-mail: _____
City: _____ State: _____ Zip: _____
Sex: M F Age: _____ T Shirt Size – XS/S / M / L / XL/2XL Birth Date: (M/D/Y) _____

Badgerland Strider Member Yes No

Sausage Sandwiches: _____ @ \$3.00 each = \$ _____

Waiver: I know that running a road 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 compete in the run. 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 high heat and/or humidity, traffic and 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 running club, the Pompeii Men's Club, the City and County of Milwaukee, race officials, all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of participation by me, or any of my minor children, in this event. I grant permission for all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I certify I am an amateur under TAC rules and I am eligible for this competition.

Runner's signature Date

Parent's signature (if under 18) Date