

Registration Form (Please Print)

Name

Address

City/State/Zip

Phone

Age

Sex (M or F)

Please Check One

5K Run

2 Mile Walk

Adult

\$16 (\$20 Race Day)

Child <11

\$10

Family*

\$46 (\$50 Race Day)

Adult T-Shirt (Circle One):

S M L XL XXL

Note: Separate entry forms required for each family member.
Photocopy this page for additional entry forms.

Make Checks Payable to: **Town of Delafield**

I know that running a road race is a potentially hazardous activity. I will not enter and run unless I am physically able and properly trained. I agree to abide by any decision of race official relative to my ability to safely complete the race. I assume all risks associated with running in this event including effects of weather, heat, cold, traffic and road conditions. All such risks being known and understood by me, having read this waiver, relieve all sponsors, officials and all other volunteers of the Log Cabin Run from all claims or liabilities of any kind arising out of my participation in this event. I also give permission of the use of my name, address, picture or likeness for any purpose whatsoever.

Signature / Date

Signature / Date (of parent if participant is under 18 years of age)

N14 W30782 Golf Road
Delafield, WI 53018-2117



LOG

5K Run / 2 Mile Walk

CABIN

Lapham Peak State Park, Delafield, WI

RUN

8:30am / August 7th, 2010



Directions to Lapham Peak

Lapham Peak State Park is one mile south of Interstate 94 on C (exit Hwy C/Delafield), approximately 60 miles east of Madison and 30 miles west of Milwaukee.

Note: Wisconsin State Park sticker is required or a \$5.00 entry fee charged for the park.



Event Details

Last year over 135 runners/walkers participated in this event. The challenging 5K run was won with a 18:42 time.

The 2010 race will begin at 8:30am, on Saturday, August 7th. Check-in and registration will be at the Log Cabin in Lapham Peak State Park.

Divisions

11 & Under	20-24	45-49
12-13	25-29	50-54
14-15	30-34	55-59
16-17	35-39	60-69
18-19	40-44	70 +

Awards

Medals will be awarded for 1st and 2nd place in each M & F age group. In addition, overall M & F race winners will be rewarded.

Registration

You can register by mail or in person the day of the race. Mailed registrations should be postmarked no later than August 1st, 2010. Mail entry form and payment to:
LOG CABIN RUN / Town of Delafield
N14 W30782 Golf Road, Delafield, WI 53018.

Participant pick-up for pre-registrants begins at 7:45am the day of the race. Race Day Registration begins at 7:30am.

A Special Thanks To Our

CORPORATE SPONSORS

Unique Reasons to Participate

- Challenging 5K training run or invigorating 2mile walk on Lapham Peak State Park's unique and scenic terrain
- Runners Edge Chip & Digital Race Timing info @ <http://www.runnersedgeracetiming.com>
- Half-way point water station
- Drawing for great sponsor prizes after race
- 100% Cotton Racing Tee commemorating your participation
- Medal awards for each division
- Post-race free refreshments and snacks

The 13th Annual Log Cabin 5K Run/2 Mile Walk is organized by the Town of Delafield Park and Recreation Commission. The proceeds will benefit the recreational activities and facilities in the Town of Delafield.

The Log Cabin Event is held in Lapham Peak State Park. Within Lapham Peak State Park are more than 1000 acres of scenic hilly terrain. The Kettle Moraine and Lapham Peak were formed 10,000 years ago when a glacier covered much of Wisconsin.

For more information about any of the Town of Delafield Park and Recreation Parks, activities and or events, contact us at:

262-364-7773 or parkandrec@townofdelafield.org

