



Saturday, June 25
Lapham Peak
State Forest

EXPERIENCE a beautiful prairie run or walk at Lapham Peak State Forest. Run or walk on paved and grass hiking and mt. bike trails on the WEST side of Hwy C, the prairie part of Lapham Peak that requires burns to keep it well-managed. 175 Participants will receive a short sleeve t-shirt and an award for run winners. Feel the Burn is the major fundraiser for Lapham Peak State Forest prairie management. Feel the Burn is limited to 175 participants; therefore, registering early is encouraged. There will be day of registration at Evergreen Shelter. An awards ceremony will be held in Evergreen Shelter or outside shelter after last runner finishes. Wisconsin State Park sticker or \$5 special event fee required.

DATE: Saturday, June 25th **TIME:** 10:00a.m. **EVENTS:** 5K Run or Walk

PICK UP: Numbers and t-shirts in EVERGREEN SHELTER between 8:15 and 9:50

REGISTER ONLINE AT [RaceWire | Feel The Burn](#) **FEE:** \$30

OR,

MAIL REGISTRATION BELOW TO: Lapham Peak Feel the Burn **No Refunds**
W329 N846 County Rd. C
Delafield, WI 53018

AWARD CATEGORIES: Custom-designed awards to the first three places in each age category plus overall winner's awards
5K: 12 & under; 13-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-79; 80 & over.

DIRECTIONS: Lapham Peak State Forest is ¾ mile south of I-94 on Highway C, Delafield Exit 285

RACE DIRECTOR: Colton Kelly, park manager colton.kelly@wisconsin.gov (262)646-3025

FEEL THE BURN ENTRY BLANK

LAST NAME _____ **FIRST NAME** _____ **SEX** [] Male [] Female

ADDRESS _____ **AGE** _____ **BIRTHDATE** ____/____/____

CITY _____ **STATE** _____ **ZIP** _____ **TEL**() _____ **E-Mail** _____

_____ **5K RUN** _____ **5K WALK** [X] t-shirt size _____ **S** _____ **M** _____ **L** _____ **XL** _____ **XXL** [add \$2]

I know that running or walking the Lapham Peak Trails is a potentially hazardous activity. I assume all risks associated with the event including, but not limited to falls, contact with other participants, the effects of the weather, the conditions of the course which may include rough terrain, all such risks being known and appreciated by me. Having read this waiver for myself and anyone entitled to act on my behalf, I waive and release the Friends of Lapham Peak, and all sponsors, their representatives and successors, and the Wisconsin Department of Natural Resources and its employees from all claims of ordinary negligence or liabilities of any kind out of my participation in this event.

Signature _____ **Date** _____
[waiver must be signed by guardian if participant under 18]

paid check # _____ **class** _____ **Number** _____
Make checks out to "Friends of Lapham Peak"