



FEEL THE BURN 5K



Saturday, July 11, 2026
Lapham Peak State Forest, Delafield, WI

EXPERIENCE a beautiful prairie run at Lapham Peak State Forest with a trail lined with flowers. Run on grass hiking and mt. bike trails in the prairies that require a burn to keep it well-managed on the new route, on the WEST side of Hwy C. First 75 participants will receive a short sleeve t-shirt and an award for run winners. Dogs allowed on a leash and behind other runners. Feel the Burn is the major fundraiser for Lapham Peak State Forest prairie management. There will be day of registration at the new Lapham Lodge in the Evergreen parking lot. Please pick up your award in the Lodge shortly after you finish or when results are posted. Enjoy a food truck on this day. Prairie plant seeds and Park Merchandise will be available for purchase. Wisconsin State Park 2026 vehicle sticker or \$10 special event fee required.

5K Run or Walk 10:00 A.M. Pick up numbers and t-shirts in Lapham Lodge between 8:15 and 9:50

REGISTER ONLINE at <https://raceroster.com/events/2026/118346/feel-the-burn-2026>

FEE: \$30 adults or \$20 13-19 \$10 12 & under No refunds

AWARD CATEGORIES: Custom-designed awards to the first three places in each age category .
5K: 12 & under; 13-19; 20-29; 30-39; 40-49; 50-59; 60--69; 70 & Over



DIRECTIONS: Lapham Peak State Forest is 3/4 mile south of I94 on Cty Rd. C, Delafield

Questions: Contact office at 262-646-3025 or email Kris Maki, jmak4@wi.rr.com

FEEL THE BURN ENTRY BLANK

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

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

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

____ **S** ____ **M** ____ **L** ____ **XL** ____ **XXL** [add \$2] [X] t-shirt size

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 Lapham Peak Friends, 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** _____

Mail checks to: Friends of Lapham Peak-Feel the Burn, % Kris Maki, s46w36216 County Road C, Dousman, WI 53118 - no later than July 3rd.