

Prowl the Peak Twilight 5K Run

A benefit for the Peak Nordic Youth Cross Country Ski program

COURSE: This event will take place under the lights on the ski trails at Lapham Peak State Park. Start and Finish will be at the Evergreen trailhead. **Note:** There will be **NO** aid stations or water on the course.

DATE/TIME: The race begins at 9:00pm Wednesday August 2, 2017.

REGISTRATION: Registration is limited to **300** runners and is available online at <https://runsignup.com/Race/WI/Delafield/ProwlthePeak> or by mail.

Race Day Check-in is from 7:30 to 8:45 pm in the Evergreen Shelter at Lapham Peak.

Race Day Registration will also be open **IF** the 300 runner limit has ***not been reached***.

HOW MUCH? 18 and Under: \$20 through Race Day; 19 and Over: \$25 through July 22nd, \$30 July 23rd through Race Day. Checks made out to "Peak Nordic".

WHAT DO I GET? You receive a unique running experience under the stars and a distinctive

On-line registration and donation also available at <https://runsignup.com/Race/WI/Delafield/ProwlthePeak>

tubular bandana signifying your support for Peak Nordic.

AWARDS: Overall awards for top male and female runners. Top 3 (M & F) in each of the following age groups: 12 and under, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

DIRECTIONS: Lapham Peak State Park is less than a mile south of I-94 on Hwy C, Delafield exit. It's about 30 minutes west of Milwaukee and 45 minutes east of Madison. Parking will be available near the start-finish area at the Evergreen shelter. State Park stickers or single day pass required for entrance.

QUESTIONS: Updates about the race posted at: <https://www.facebook.com/prowlthepeak> and www.peaknordic.com.

Results posted
<https://runsignup.com/Race/WI/Delafield/ProwlthePeak>
Email prowlthepeak@gmail.com

M or F

Name (last,first) Age on race day? Gender

Street Address City State Zip

Phone number E-mail address

Mail in registration: Prowl the Peak 3945 Oakmont Trail, Waukesha, WI 53188

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 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 Peak Nordic Ski Club, Inc, all sponsors, their representatives and successors, and the Wisconsin Department of Natural Resources and its employees from all claims or liabilities of any kind out of my participation in this event.

Signature (waiver must be signed by guardian if participant is under 18)

Date (month/day/year)

What is Peak Nordic Ski Club, Inc.?

Peak Nordic is a 501(c)3non-profit organization based at Lapham Peak State Park dedicated to promoting youth cross country skiing. We serve kindergarten through High School in three different programs.



Like us at

<https://www.facebook.com/prowlthepeak>
www.peaknordic.com

Presented by

The Bicycle Doctor & Peak Nordic

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Waukesha, WI 53188



Prowl the Peak

Twilight 5k Run

Wednesday August 2, 2017

9:00pm

Lapham Peak State Park

A 5K run under the lights to benefit the Peak Nordic Youth Cross Country Ski program.