

# Black Hawk Ridge Trail Run

## 10K /20K • November 1, 2009

### Location

Black Hawk Unit of the Lower Wisconsin State Riverway, Hwy 78, approximately 1 mile south of the intersection with County Y (18 miles northwest of Madison). Parking is limited—carpool if you can! Note: Black Hawk is public land, but not a park, and hunting is allowed. It won't be gun deer season on race day, but bow hunting and some small game will be in season.

### Course

The 10K course runs the ridge top with dips down a few side valleys, taking you through restored prairie, hardwood forest, and pine plantation with some spectacular views of the Wisconsin River valley and beyond. The 20K course starts with a scenic prairie loop, then plunges to the bottom of the ridge to tour the Wisconsin Heights battlegrounds. You'll climb back up to the top of the ridge, then head out on the 10K course for the second loop of the 20K.

### Amenities

- Water and Gatorade on course
- Surprise non-t-shirt race item (to be determined)
- Delicious hot soup—vegetarian and not
- Homemade cookies, bread, and more!

### Schedule

8:30—9:30 AM Registration/check-in                      10:00 AM Start

### Benefit

Proceeds benefit the Lower Wisconsin State Riverway Fund and the Friends of Blue Mound State Park. The Riverway Fund supports the Department of Natural Resources' wildlife habitat restoration and management activities along the Lower Wisconsin River. The Friends of BMSP support many projects in the park every year, and help host the trail run.

### Awards

10K: Overall male/female winners and age group male/female top three: <20, 20-29, 30-39, 40-49, 50-59, 60+  
20K: Overall male/female winners and age group male/female top three: <30, 30-39, 40-49, 50-59, 60+

**Register online at [www.active.com](http://www.active.com) (same entry fees as below, no extra processing fee)  
Registration limited to first 200 runners — More info at [www.wisconsintrailruns.com](http://www.wisconsintrailruns.com)**

### Registration Form • Black Hawk Ridge Trail Run

First Name _____	MI _____	Last Name _____
Address _____		
City _____	State _____	Zip _____
Phone Number _____	E-mail Address _____	
Event: <input type="checkbox"/> 10K <input type="checkbox"/> 20K	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	Age on 11/1/09: _____
Emergency Contact Name _____	Emergency Contact Phone Number _____	

#### Entry Fees

Early: Thru 10/22/09                      \$30  
Less Early: Thru 10/29/09                \$35  
Race Day: 11/1/09                        \$40  
High school runners    \$15 Discount  
Mailed forms must be postmarked by  
10/24/09! After that, register online or  
on race day.

#### Checks payable to:

Friends of Blue Mound State Park

#### Mail to:

Willi Van Haren  
10555 W Erbe Rd  
Blue Mounds, WI 53517

I am aware of the risks associated with running and trail running. I am aware that the trail is in a natural condition beyond the control of the race directors and voluntarily accept any risk before entering the race. In consideration of the right to participate in the Black Hawk Ridge Trail Run (BHRTR) events, I hereby release and hold harmless the Wis. Dept. of Natural Resources, the Friends of Blue Mound State Park, and all employees, volunteers or sponsors involved in the BHRTR events from any claim, liability, demand action or cause of action whatsoever, arising out of any loss, damage or injury to myself or my property in connection with or arising out of this event. I understand that I am responsible to make my own judgments before proceeding onto the trail or crossing roads as to the appropriate speed and timing. I covenant, warrant and agree that I am entering into this event of my own free will and am voluntarily executing this release. I understand and agree that the co-sponsors of the BHRTR events make no warranties whatsoever and are not the insurers of, nor responsible for, my safety during the BHRTR events or while traveling to and from the event or in preparation or recovery there from. I consent to emergency medical treatment if I am injured during the BHRTR events. I warrant that I am 18 years of age or older (unless signed by parent/guardian below) and am not suffering any mental or physical infirmity which might adversely affect my judgment.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, digital, electronic or film likeness to be used for any legitimate purpose by the event holders, producers, organizers, and/or assigns.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am the parent/guardian for the above applicant, who is under the age of 18 (eighteen). By executing this document, I consent to the applicant's participation in the BHRTR events. I consent to the terms of this release and I agree to be fully bound by the terms of this release, both individually and as a parent/guardian of this applicant.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_