

19th Annual BUCK RUT 5K Tailgate Party & Family Reunion

November 6, 2010

Winter Park, Minocqua, WI

Start & Finish: **WINTER PARK SKI CHALET, SCOTCHMAN LAKE ROAD**
(Hwy 70 West 6 miles to Squirrel Lake Road, stay left at 1.8 miles, turn left at 4.5 miles onto Scotchman Lake Road, turn right at 4.9 miles and left at 5.1)

Time: **12:00 Noon**

Entry Fee: **\$20.00 before November 1st, \$25.00 after November 1st**

Awards: *T-shirts to the first 120 who register **and complete the race.**
(Once t-shirts run out, you can be sent one for an extra \$4.00 to cover postage. I'm ordering 120 shirts.)
*Custom souvenir race numbers for all runners.
*Participation ribbons.
*Awards for overall male and female winners
*Five year age class awards: 1st, 2nd, 3rd
*Anyone who breaks an overall record or an age class record will win free registration for the 2010 race (except high school and college students due to WIAA and NCAA rule regulations).
*Bagels, bananas & water after the race.
*Drawings for very, very, many mucho door prizes!!

Age Divisions: Male & Female: -15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65- 69; 70-74; 75+

Records: Male: -15 (16:51); 16-19 (15:39); 20-24 (15:59); 25-29 (17:24); 30-34 (16:50); 35-39 (16:18); 40-44 (18:48); 45-49 (18:59); 50-54 (19:27); 55-59 (20:55); 60-64 (21:52); 65-69 (26:13); 70-74 (25:23); 75+ (28:59)
Female: -15 (21:39); 16-19 (20:19); 20-24 (20:11); 25-29 (23:45); 30-34 (22:46); 35-39 (21:04); 40-44 (22:33); 45-49 (23:40); 50-54 (24:25); 55-59 (30:08); 60-64 (31:13); 65-69 (35:11); 70-74 (37:25); 75+ (none)

Registration and results are at: <http://www.buckrut5k.com/index.htm>

PLEASE MAKE CHECK PAYABLE TO: "Gary Kmiecik"

If your handwriting is poor, please feel free to use an address label here

Name _____ Phone (____) _____ Gender _____
Address _____ Age _____ Birthdate _____
City _____ State _____ Zip Code _____ E-mail Address _____

2010 SHIRT SIZE (CIRCLE ONE): S M L XL

RELEASE OF LIABILITY

In consideration of acceptance of my entry fee, I hereby waive and release the Lakeland Ski Touring Foundation, Minocqua Winter Park, the town of Minocqua, the landowners on whose land the ski trails exist, the promoters, the sponsors, the organizers, the volunteers, officials, & workers from any and all rights and claims for injuries or illnesses suffered by me at said "Buck Rut 5K", including those which may be attributable to weather conditions, deer in rut or heat, hazards of the course, negligence or carelessness on the part of persons or entities mentioned above. I understand that participation in this event is very physically strenuous, and I verify that I am very physically fit and sufficiently trained to participate in this event. I understand my entry fee is non-refundable.

THIS IS A LEGALLY BINDING RELEASE THAT I HAVE READ!

Signature _____ Parent/Guardian _____

Mail To: Gary Kmiecik, PO Box 1386, Minocqua, WI 54548
(715-614-5366)