



# 5K and Med Hill Challenge Registration

## Benefit Run/Walk for Camp LuWiSoMo

Saturday, August 8, 2015



Name:					
Address:					
City:		State:		Zip:	
Phone:					
E-mail:					
Entry Fees:                      Individual - One Event - \$20 (\$30 same day) Individual - Both Events - \$20 (\$30 same day)					
<b>Waiver:</b> Knowingly and at my own risk, I hereby apply to enter the Walk/Run and do hereby waive and release Camp LuWiSoMo, all representatives, all sponsors, all volunteers, all race directors/staff, their subsidiaries, heirs, successors, agents and attorneys, from any and all claims of liabilities of any kind and character whatsoever arising from my participation in the Walk/Run or my transportation to/from the Walk/Run. I consent to the full use of my image in photos and videos for any legitimate purpose as regards the recording or future promotion of this event. I am physically fit and sufficiently aware of the risks involved in participation in walk/run events of this kind/distance and in any outdoor activity with regards to weather, automobile traffic, pedestrian traffic, etc. I am aware that this event course is open to vehicular traffic during the event. I accept any and all additional risks posed by the use of strollers/wagons during this event. I also understand a big hill is included several times in the Med Hill Challenge, and so I will be ready to handle it without causing harm to my body.					
<b>Please List the Names of all Family Members Attending.</b> <b>Participants Under 18 Must Have Parent or Guardian Signature</b>					
Individual(s) Attending	Signature	5K	MHC	t-shirt size	Age

**Please make payment by credit card or checks payable to Camp LuWiSoMo, Inc.**

Name on Credit Card: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_ Amount to Charge: \_\_\_\_\_

E-mail your registration to [frontdesk02@luwisomo.org](mailto:frontdesk02@luwisomo.org) or mail them to  
 Camp LuWiSoMo, W5421 Aspen Road, Wild Rose, WI 54984



# LuWiSoMo's 5K and Med Hill Challenge



**Saturday, August 8th, 2015 (Rain or Shine)**

6:00 am - Race Day Registration at Retreat Center on Main Camp

7:00 am - Med Hill Challenge starts at Retreat Center

8:30 am - 5K starts at Retreat Center

## Registration

Please complete the registration form and either email it to [frontdesk02@luwisomo.org](mailto:frontdesk02@luwisomo.org) or mail it to Camp LuWiSoMo, Inc. W5421 Aspen Road, Wild Rose, WI 54984.

## Entry Fees

The cost per individual is \$20 (\$30 same day) for either one event or both events together (second race is free). Entries received by July 22nd guarantees a t-shirt of the requested size. Same day registration is also available, however t-shirt sizes for entries received after July 22nd are not guaranteed.

## Prizes

Awards will be given to the first ten participants that complete the Med Hill Challenge. The 5K is a non-competitive fun run/walk with no awards given.

## About the Courses

Replacing the 10K this year is the Med Hill Challenge. Thrill seekers will be challenged to conquer the hill not once, but up to seven times. If you can run all seven loops up and down the hill, you will have run 5 miles. Run as many loops as you can, and if you can't complete all 7, set a new goal for next year! If you are running both races, the 5K will start in the same area that you finish the Med Hill Challenge.

The 5K starts at the Retreat Center on main camp (park near the youth cabins). As in the past, runners will run through the campground, around Kusel Lake County Park, and finish back at the Retreat Center. Runners may choose to finish at the top of Med Hill or back at the Retreat Center.

<u><b>From Stevens Point</b></u>	<u><b>From Madison</b></u>	<u><b>From Green Bay &amp; Appleton</b></u>	<u><b>From Milwaukee, Fond du Lac, &amp; Oshkosh</b></u>
I39 to Hwy 73 through Plainfield...73 East to County Rd P (2.4 miles)...P East to Hwy 22 (11.7 miles)...22 South to County Rd A at Wild Rose (2.0 miles)...A East to 22nd Ave (3.0 miles)...22nd South to Aspen Rd (0.9 miles)...Aspen West to Main Camp (0.3 miles)	I 90/94 North to I 39 (29.0 miles)...39 North to Hwy 21 at Coloma (38.0 miles)...21 East to Hwy 22 at Wautoma (13.0 miles)...22North to County Road H (8.0 miles)...H East to 22nd Ave...Aspen West to Main Camp	Hwy 411 South to Hwy 10 at Appleton...10 West to Hwy 49...49 South to Cty Rd A past West Bloomfield...A West to 24th Ave (11.3 miles)...24th South to Aspen Rd (1.3 miles)...Aspen West to Main Camp	Hwy 41 North through Fond du Lac to Hwy 21 at Oshkosh...21 West to Hwy 49 (21.0 miles)...49 North to County Rd H at Poy Sippi (6.9 miles)...H West to Aspen Rd. (8.8 miles)...Aspen Rd to Main Camp



Please have all checks made payable to **Camp LuWiSoMo, Inc.** - on memo line write: **Benefit Run/Walk**

Participant's Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Sponsor Name

Pledge Amount

\$

\$

\$

\$

\$

\$

\$

\$

§

§

§

§