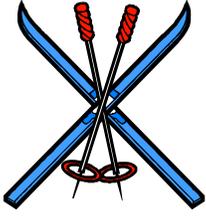
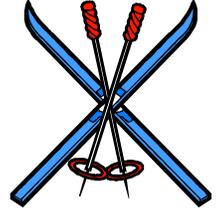


# CITIZEN'S CROSS-COUNTRY SKI RACE



## WAUKESHA COUNTY'S NASHOTAH PARK SATURDAY, JANUARY 8, 2011



### TIME:

10:30 a.m. - START for Children's 10 & Under 1-mile race  
11:30 a.m. - START for the Youth and Adult 5K & 12.5K races  
(wave starts if necessary)

### LOCATION:

Nashotah Park is located between Hartland and Oconomowoc on  
County Trunk Highway 'C', 1/2 mile north of Highway '16'.  
W330 N5113 Hwy C, Nashotah



### REGISTRATION:

**Advanced Pre-Registration preferred (form ONLY - payment due on race day)**  
Registration at Nashotah Park on race day will begin at 9:00 a.m.  
Registration will **close at 10:00** a.m. for the Children's 10 & Under race  
Registration will **close at 11:00** a.m. for the Youth & Adult 5K & 12.5K

### ENTRY FEE:

\$20.00 per person and \$40.00 per family payable the day of the event  
**(The daily Park Entrance Fee DOES apply, \$5.00 per car or \$27.00 for a Resident Annual Sticker)**

### AWARDS:

Awards to the top three finishers in each age category (see back side).  
Children's race awards will be presented immediately following the race.  
Adult race results will be available shortly after race is completed and  
awards will be distributed on site.

### RACE RESULTS:

A copy of the race results will be e-mailed to each participant the week following  
the race.

### PLEASE NOTE:

There are minimum indoor facilities at Nashotah Park, and no space for waxing  
skis - PLAN AHEAD.

In case of extreme weather on race day, please call Nashotah Park at  
(262) 367-1022.

### CO-SPONSORS:

The Waukesha County Park System  
Bicycle Doctor Nordic Ski Shop

### RACE INFORMATION BEFORE THE RACE:

Contact Waukesha County Park System  
Holly Glainyk (262) 896-8074  
email: [hglainyk@waukeshacounty.gov](mailto:hglainyk@waukeshacounty.gov)

*Yours Naturally!*



Waukesha County Park System  
Recreation • Education • Preservation



BICYCLE DOCTOR  
NORDIC SKI SHOP  
*...it's a lifestyle!*

[www.bikedr.com](http://www.bikedr.com)

[www.waukeshacountyparks.com](http://www.waukeshacountyparks.com)

# AGE DIVISIONS FOR RACE AWARDS



## 1-MILE CHILDREN'S RACE (Ages 10 & Under)

Awards will be presented to the top 3 in both Male & Female divisions.

## 5K YOUTH (Ages 11 to 18)\*

Awards will be presented to the top 3 Male & Female in each of the following age divisions:

11-12, 13-14, 15-16, 17-18

## 5K ADULT

Awards will be presented to the top 3 Male & Female in each of the following age divisions:

19-24      25-29      30-34  
35-39      40-44      45-49  
50-54      55-59      60-64  
65-69      70+

## 12.5K ADULT

Awards will be presented to the top 3 Male & Female in each of the following age divisions:

19-24      25-29      30-34  
35-39      40-44      45-49  
50-54      55-59      60-64  
65-69      70+

**TECHNIQUE IS OPEN**  
Tracks will be set to accommodate diagonal stride if snow conditions permit.

\* Participants who are 18 or under who wish to compete in the 12.5KM race may enter the 19-24 age division of the 12.5K as an alternate.

Pre-Register by returning below form by: Fax (262) 896-8071, email: [hglainyk@waukeshacounty.gov](mailto:hglainyk@waukeshacounty.gov) or Mail **FORM ONLY** to Waukesha County Park System, 515 W. Moreland Blvd., AC230, Waukesha, WI 53188

# Registration

*Yours Naturally!*



Waukesha County Park System  
Recreation • Education • Preservation

# Form



*Please DO NOT write in this space.*

<b>5K or 12.5 K</b>	<b>BIB #</b>

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

PHONE #: (      ) \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-Mail:(race results will be e-mailed) \_\_\_\_\_

*(Please PRINT CLEARLY)*

Circle One: Kids 1-mile    5K    12.5K    ENTRY FEE DUE ON RACE DAY:\$ \_\_\_\_\_

(Please Make Checks Payable on race day to **Waukesha County Park System**)

*I hereby release Waukesha County and their agents and any person connected with the Waukesha County Citizen's Cross Country Ski Race from all liability whatsoever whether the liability arises from bodily injury or damage to property owned by myself or others, arising from my participation in or presence at this competition.*

SIGNATURE: \_\_\_\_\_

*(parent or guardian for entry under 18)*