



10<sup>th</sup> Annual

# Bear Cupboard Run

Saturday, July 20, 2019 • Minocqua, Wisconsin

No Refunds or Transfers, One Participant Per Form, Entry Forms May be Photocopied.  
No Race Switches after July 18\*

[www.bearcupboardrun.org](http://www.bearcupboardrun.org)



## The Cause- Neighbors Helping Neighbors

Please join us for the 10<sup>th</sup> Annual Bear Cupboard Run Saturday morning, July 20<sup>th</sup>, on the scenic Bearskin Trail! This is Lakeland Pantry's largest fundraiser of the year with all proceeds going to the pantry and Wisconsin Nordic Development Group (WNDG).

Your participation in the BCR will provide you the opportunity to run one of the most beautiful trails in the Northwoods while helping to support two great causes benefiting thousands of men, women, and youth.

Lakeland Pantry, a 501(c) 3, has more than 2,400 families registered with 5,000+ people served monthly; children comprise 40% of this number. Sixteen thousand pounds of food are distributed weekly. Clothing and books are also distributed.

WNDG, a 501(c) 3, promotes & financially supports Nordic ski programs for youth in Wisconsin elementary, middle, and high schools. This group runs the Nordic state championship where 36+ schools participate, and several Wisconsin summer ski camps, provides coach certification scholarships, & donates skis where needed.

### Pre-Registration

- Online, go to [www.bearcupboardrun.org](http://www.bearcupboardrun.org)
- Mail in reg. forms available at Minocqua Chamber & Minocqua Library
- **July 18, Midnight** - Pre-registration closes
- **Register by July 6<sup>th</sup> to guarantee t-shirt size**

### On-Site Registration/ T-Shirt, Packet Pick Up- Friday, July 19

4:00 - 6:30 pm  
American Legion Hall, Minocqua

- **On-site registration for all races**
- Packet/t-shirt pick up for pre-registered racers
- Maps & other race materials available
- Limited # of t-shirts in random sizes will be available for on-site registrants

### On-Site Registration/ T-Shirt,

#### Packet Pick Up- Saturday, July 20

6:00 - 7:30 am  
American Legion Hall, Minocqua

- **6-6:30 am** - Half Marathon registration only
- **6:30-7:30 am** - 5K & Cubby registration
- Packet/t-shirt pick up for pre-registered racers
- Limited number of t-shirts in random sizes available for on-site registrants.

### Half Marathon Details

- **Must maintain a 15 min. mile pace; course closes at 10:45 am**
- **Runners must be 12 years of age or older**
- **No Race Switches**
- **6:15-6:30 am:** Shuttle buses leave from Flambeau Street at American Legion
- **7:30 am: Race starts ~ Chip timed**
- Start is ½ mile from X of Bearskin Trail & Lakewood Rd. at Goodnow, 12 mi. S. of Minocqua. See trifold map (website/on-site)
- Port-a-potties at trailhead
- Restrooms at halfway point near Blue Lake Rd.
- Trail is packed crushed granite
- Minimal elevation changes
- All miles are clearly marked
- Eight water/snack stations along the 13.1 mile run
- Spectator viewing area at X near Jacobi's Restaurant & at S. Blue Lake Rd.
- Ambulance/aid station at finish
- Food/refreshments at finish, Torpy Park
- Pre & post race massages available
- First year racers completing run receive a participation medal or a "2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> year participation pin"
- Ages: 12-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+
- Awards presented at 10 am

### 5K Run Details

- **8:00 am:** Race starts ~ Chip Timed
- Start at Torpy Park on to Bearskin Trail
- Out and back 2.5K
- 2 water/energy snack stations on trail
- Food/refreshments at finish, Torpy Park
- 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74; 75+
- Awards presented at 9 am

### 5K Walk Details

- **8:05 am:** Chip timed
- Walkers go out and back 2.5K
- Bearskin Trail is a public trail, but for safety, we recommend that you **please refrain from having pets or strollers** on trail during race
- Awards presented at 9 am

### Cubby Run Details

- **7:45 am:** Race starts at Torpy Park
- Must be 9 years and under
- Out & back 1.6K run on the Bearskin Trail
- Benji the bear & teen Cubs will be on trail
- All Cubbies receive a t-shirt, pack & bear paw pin
- **Register by July 6<sup>th</sup> to guarantee t-shirt**

### Inclement Weather Policy

- Races will be held rain or shine
- Cancellation of race/races will be at discretion of race directors. Local weather authorities & reports will be consulted
- Safety of runners is of prime importance
- **Registration fees are non-refundable**

**Bearskin Trail is a public trail, but for safety, we recommend that you please refrain from having pets or strollers on trail during race.**

Cut and Return

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## Race Registration

Event*	Start Time	Entry Fee By 7/6/19	Entry Fee After 7/6/19	Age Limit
1/2 Marathon	7:30 am	\$50 <input type="checkbox"/>	\$60 <input type="checkbox"/>	12 yrs and older
5K Run	8:00 am	\$25 <input type="checkbox"/>	\$30 <input type="checkbox"/>	--
5K Walk	8:05 am	\$25 <input type="checkbox"/>	\$30 <input type="checkbox"/>	--
Cubby Run**	7:45 am	\$10 <input type="checkbox"/>	\$10 <input type="checkbox"/>	9 yrs and under

- \* **No on-site race switches**
- \*\* **Families with multiple siblings will receive a \$5 discount.**

Riding 1/2 Marathon Shuttle Bus	6:15-6:30 am	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Is this your first BCR 1/2 Marathon? Yes  No

How many years have you run the BCR 1/2 Marathon? \_\_\_\_\_

T-shirt guaranteed if registered by July 6<sup>th</sup>

- Adult Size  S  M  L  XL  XXL  \$2 extra
- Youth Size  S  M  L

### WAIVER & RELEASE FROM LIABILITY

Waiver: I acknowledge that the registered event is an extreme test of a person's physical and mental limit and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, participants, spectators, volunteers, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. I hereby assume all the risks for participating in this event. I certify that I am physically fit, have sufficiently trained for participation in the event, and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) will be used by the event holders, participants, sponsors, service providers, and organizers in which I may participate and that it will govern my actions and the responsibilities at said event. In consideration of my application and permitting me to participate in the event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter accrue to me or my traveling to and from this event, including but not limited to the Bear Cupboard Run, their directors, officers, employees, volunteers, representatives and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or person(s) mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during the event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event. This AWRL shall be construed broadly to provide release and waiver to the maximum extent permissible under the applicable law.

THE ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

SIGNATURE OF PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT OR LEGAL GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_  
 (if participant is under 18 years of age)

**WAIVER MUST BE SIGNED**

**"No Refunds Due to Inclement Weather"**

Complete and enclose this entry form in an envelope with payment. Please make check or money order payable to:

**Lakeland Pantry/HYF**  
**P.O. Box 470, Woodruff, WI 54568**  
 For more information,  
 go to [bearcupboardrun.org](http://bearcupboardrun.org).

First Name \_\_\_\_\_ Gender  M  F

Last Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Age on 7-20-19 \_\_\_\_\_

Email \_\_\_\_\_

Day Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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

Parent Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_