



13th Annual Bear Cupboard Run



Saturday, June 25, 2022 • Minocqua, Wisconsin

No Refunds or Transfers, One Participant Per Form, Entry Forms May be Photocopied.
No Race Switches after June 23*

www.bearcupboardrun.org

The Cause-Neighbors Helping Neighbors

Please join us for the 13th Annual Bear Cupboard Run Saturday morning, June 25th, in the scenic northwoods area of Wisconsin! This is Lakeland Pantry's largest fundraiser of the year with all proceeds going to the pantry and the Firebird Foundation.

Your participation in the BCR will provide you the opportunity to run in the beautiful 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.

The Firebird Foundation, Inc. is a non-profit organization formed by a group of community members with a vested interest in improving facilities and programs at the Minocqua J1 schools. They secure tax deductible contributions and grants to fund programs and facilities outside the school budget while keeping within the MJ1 school mission.

Bike Raffle

New this year, The Bear Cupboard Run will have a bike raffle! There will be only 250 tickets sold!

Tickets will be \$5.00 each or 5 for \$20.00

Drawing will take place on June 25th, 2022

Inclement Weather and/or COVID 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**

Pre-Registration

- Online, go to www.bearcupboardrun.org
- Mail in registration forms - available at Minocqua Chamber & Minocqua Library
- June 23, Midnight** - Pre-registration closes
- Register by June 11 to guarantee T-shirt size**

On-Site Registration

Friday, June 24

4:00 - 6:30 pm

Torpy Park Pavillion, Minocqua

- On-site registration for all races**
- Maps & other race materials available
- Limited number of T-shirts in random sizes available for on-site registrants.**

On-Site Registration

Saturday, June 25

6:00 - 7:45 am

Torpy Park Pavillion, Minocqua

- 6:30-7:00 am** - Half Marathon registration only
- 7:00-7:45 am** - 5K Run/Walk & Cubby registration
- Limited number of t-shirts in random sizes available for on-site registrants.**

Pre-Registered Packet Pick Up

Torpy Park Pavillion, Minocqua

- Friday, June 24th - 4:00-6:00 pm**
- Saturday, June 25th**
 - 1/2 Marathon - 6:30-7:00 am**
 - 5K Run/Walk & Cubby - 7:00-7:45 am**

Cubby Run Details

- 7:45 am:** Race starts at Torpy Park
- Must be 9 years and under
- Benji the bear & teen Cubs will be at the finish
- All Cubbies receive a t-shirt, pack
- Register by June 12th to guarantee t-shirt**

5K Walk Details

- 8:15 am:** Chip timed
- Walkers go out and back 2.5K
- For safety, we ask that you please refrain from having pets or strollers on the course during race*
- Awards presented at 9:15 am

5K Run Details

- Rolling Start 8:10 am:** Chip Timed
- Start at Torpy Park
- Out and back 2.5K
- 1 water/energy snack station on course
- 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 9:15 am

Half Marathon Details

- New this year! There will be no buses! The half marathon will start and end at Torpy Park**
- The half marathon will have a rolling start from 7:15 to spread the runners out**
- No Race Switches**
- Chip timed**
- Restrooms accessible
- Port-a-potties at Jacobi's
- Water stations located approximately 1.5 miles, Dr. Pink & Bearskin Trail, Blue Lake, and Jacobi's - this is an out and back run, so there are approximately five water stations
- Trail is packed crushed granite
- Minimal elevation changes
- All miles are clearly marked
- Spectator viewing area at X near Jacobi's
- Ambulance/aid station at finish
- Food/refreshments at finish - Torpy Park
- First year racers completing run receive a medal. All others receive their year 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 9:45 am

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 6/11/22	Entry Fee After 6/11/22	Age Limit
1/2 Marathon	7:15 - 7:30 am	\$50 <input type="checkbox"/>	\$60 <input type="checkbox"/>	12 yrs and older
5K Run	8:00 - 8:15 am	\$25 <input type="checkbox"/>	\$30 <input type="checkbox"/>	--
5K Walk	8:10 - 8:15 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**

Cant run? You can make a donation

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 June 11th

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)

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.

First Name _____ Gender M F

Last Name _____

Birth Date _____ Age on 6-26-22 _____

Email _____

Day Phone _____

Cell Phone _____

Street Address _____

City _____

State _____ Zip _____

Signature _____ Date _____

Parent Signature if under 18 _____ Date _____

WAIVER MUST BE SIGNED

"No Refunds Due to Inclement Weather"