



Wisconsin Coed XC Relay



DATE: Sunday, November 10th

SITE: University of Wisconsin-Parkside, Somers, WI

Time/Distance: 10:30 AM - 10 Kilometer Relay (2.5 Kilometers per runner)

RACE FORMAT: Each runner will run a 2500 meter loop leg on the 10,000 meter relay. The order is female, male, female, male. You do not have to be an "official" club team to participate. Just get three friends! It will be a "tag your teammate" exchange. The last runner on each team will be wearing the team number with a timing chip.

COURSE: The Wisconsin Coed Relays will be conducted on a shortened version of the **UWP JR 4K & 5K courses**. The approximate 2500 meter loop will start and finish at the permanent UWPXC finish line. The location of the course is 4400 Petrifying Springs Road, Kenosha, WI 53144

CAPS: Event knit caps will be given to the first 200 entrants. T-shirts will be given to entrants registered after the hats run out.

AWARDS: Medals will be presented to the top three teams in the following age divisions: 12 & under, 13-18, Open, Masters (40+). Each member of the top overall team will receive \$100 Foot Locker gift cards. The second place overall team members will receive \$50 FL gift cards. The teams in the open division may be composed of runners of any age. The team members of the 12&U, 13-17 and 40+ must be in the age range of the division.

ENTRY FEE: \$20 per runner on or before October 28th. \$25 per runner from 10/29 through November 4th. There will be no late or race-day entries accepted. You may register online at: www.wisconsinrunner.com. Race day packet pickup and registration opens at 9:00am at the UWPXC finish line tent.

PARKING: Use the UW-Parkside Communication Arts lots. **DO NOT PARK** in Petrifying Springs lots as you may be ticketed!

FURTHER INFO: Go to www.wisconsinrunner.com, call WR at (262) 633-0033 or email your questions to: wisrun@gmail.com

PARA-ATHLETE CROSS COUNTRY INVITATIONAL

In addition to the Wisconsin Coed XC Relays the inaugural Para-Athlete Cross Country Invitational will be conducted on the same day in the afternoon at UWP. There will be a 3K at noon and a 5K at 12:45. Para CC Invite info can be found at:

<https://runsignup.com/Race/WI/Kenosha/PARACROSSCOUNTRYINVITATIONAL>

WAIVER: In consideration of the acceptance of my entry in the Wisconsin Coed XC Relay on Sunday, November 10th 2019, I release the University of Wisconsin-Parkside, The Board of Regents of the University System, its officers, employees, agents and other presenting or supporting sponsors, the Wisconsin Association of the United States Track & Field Association (WI USATF), Wisconsin Runner and any other groups or individuals whom are associated with this race in any manner, from any liability or claims for injury, illness or loss of life, that I sustain from participation in this event. I understand that this release applies to personal representatives, my heirs, assigns and me. I represent that I have sufficiently trained to participate in this race, that a licensed medical doctor has verified my physical condition and that I recognized that risks of injury accompany such participation. I acknowledge that the persons in permitting me to participate are relying upon this release. I also attest that I am at least eighteen years old and if not, by legal guardian have signed this waiver as well as myself. Furthermore, I grant full permission to any or all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this race for any legitimate purpose.

Last Name		First Name		Middle Initial	OFFICE CODE
Address		City	State	ZIP	
()					
Telephone		Email			
Team Division: 12&U		13-18	Open	Masters (40+)	
Birthday	Age Race Day	Gender			
TEAM NAME					
The team name must be limited to 30 characters/spaces. Race management has the authority to reject team names they deem inappropriate.					
Other team members (1) (2) (3)					
Signature of entrant		Signature of Parent/Guardian if under 18			Date

Please enclose nontransferable or refundable entry fee of \$20.00 (through October 28th) or \$25.00 (October 29th through November 4th)

Make checks payable to: Wisconsin Runner. Mail entries to: Wisconsin Runner, P.O. Box 4096, Racine, WI 53401 WI