



**SATURDAY
AUGUST 28, 2010
8:00 AM
OLIN PARK ~ MADISON**

CHALLENGE YOURSELF AT THE CLEAN LAKES FESTIVAL!

Cleaning Dane County's lakes will be a challenge – participate in a challenge at the Clean Lakes Festival and help raise money for this important cause!

This year's 5K Run/Walk starts and finishes at Olin Park on John Nolen Drive and runs along the beautiful Wingra Creek bike path. This family friendly event finishes at the Clean Lakes Festival where participants can enjoy post-race refreshments, redeem coupons for a beverage of their choice and take in everything the festival has to offer! Prizes awarded to top finishers in age divisions and overall. Proceeds go to the Dane County Lakes and Watershed Commission.

- ~ Live Music ~ Food Vendors and Beer Tent ~ Lakes Education Center ~
- ~ Water Ski Clinics ~ FREE Betty Lou Cruises ~ Kids Activity Area ~ and MORE!

TO REGISTER:
 Before July 15: \$20 By August 26: \$25 Race Day: \$30

Online registration closes on August 26. Paper entries must be postmarked by the dates listed above.

Registration for the 5K Challenge includes a t-shirt and race bag (guaranteed for the first 200 registered). Register online at active.com or return your completed entry form with checks made payable to: **Clean Lakes Festival**; Jacci Meier, 5805 Century Avenue, Middleton WI 53562

OTHER CHALLENGES INCLUDE:

PADDLE CHALLENGE SAIL CHALLENGE BAREFOOT CHALLENGE

SEE OUR WEBSITE FOR MORE INFO: WWW.CLEANLAKESFESTIVAL.COM

Use separate entry form for each participant. Detach and return with payment. Print neatly and fill out completely. Thank you!

NAME: _____ EMAIL: _____

ADDRESS: _____ DATE OF BIRTH: ____/____/____

CITY: _____ STATE: _____ L _____ M _____ XL _____ XXL _____ SEX: _____ (M/F) 5K Run _____ 5K Walk _____

T-SHIRT SIZE: S _____ M _____ L _____ XL _____ XXL _____

WAIVER: In consideration of my participation in the Clean Lakes Festival 5K run/walk on Saturday, August 28, 2010 at Olin Park, I hereby release the Mad-City Ski Team, City of Madison and Dane County Lakes and Watershed Commission, its officers, employees and agents, from any and all liability for damage to or loss of property, sickness or injury from whatever source, legal entanglements, imprisonment, death or loss of money, which might occur while participating in this event. Specifically, I release said persons from any liability or responsibility for my physical condition, for the condition or selection of course route and for the presence or actions of any other participants. I am aware of the risks of participation, which include, but are not limited to, the possibility of sprained or strained muscles and ligaments, broken bones and fatigue. I hereby state that I am in sufficient physical condition to accept a rigorous level of physical activity. I understand that participation in this program is strictly voluntary and I freely choose to participate. I understand that The Mad-City Ski Team does not provide medical coverage for me. I verify that I will be responsible for any medical costs I incur as a result of my participation.

Participant Signature (parent or guardian if under 18) _____ Date _____