

The Spooky Shuffle

Saturday, October 29, 2016

RUN FOR YOUR LIFE 10 Mile Run 10:00am *(no walkers, please)*

ZOMBIE 5k Fun Run/Walk 10:15am

COSTUME CONTEST!



RACE LOCATION:

The race will start and finish on the Woodville Trail located in Woodville, WI (from the Twin Cities). Take 94 East to the Woodville Exit (Country Road B, exit #24). Take a left on Country Road B and follow all the way into the town of Woodville. Take a left on Main Street and follow to the trailhead..

Time / Packet Pickup:

The 10 mile run will start promptly at 10:00am. The 5k will start promptly at 10:15am. Packet pickup and race day registration will begin at 8:30am across from the Citizen's State Bank downtown Woodville.

Course / Safety:

The "Spooky" route is an out and back course on a very flat and fast abandoned railroad bed. For your safety, we ask that all runners/walkers stay on the right side of the trail going out and coming back.

Entry Fee:

Kids (10 and under): \$15

5K prior to Friday, October 21: \$20

5K after Friday, October 21 and on race day: \$25

10 mile prior to Friday, October 21: \$40

10 mile after Friday, October 21 and on race day: \$50

**Note that the 10 mile is for runners only.*

Awards:

COSTUME CASH PRIZES: There will be a \$50 cash prize for the top male and female costume! There will be a judges table open from 8:45am to 9:45am.

NOTE: This is a fun run/walk so we will have no age group awards and your times **WILL NOT** be recorded. There will be a clock at the finish line. There will not be a special category for walkers.

Registration:

You can register online through Friday October 28 at noon @ zapevent.com or mail in the registration form below. Please make checks payable to: Western Wisconsin Health

Please cut off and mail with payment to: Spooky Shuffle, Western Wisconsin Health, 1100 Bergslien Street, Baldwin, WI 54002

10 Mile Run 5K Run/Walk

Name: _____ Sex: _____ Birth Date _____

Address: _____ Additional Donation: _____ (proceeds toward new fitness center)

City: _____ State: _____ Zip: _____ SHIRT SIZE: Adult: S M L XL XXL
Youth: S M L

Waiver: "I understand that running a race is a potentially hazardous activity. I assume all risks and responsibilities for injuries I may incur as a direct or indirect result of my participation in this event. I certify that I am physically fit and sufficiently trained to enter this event. By my signature I waive and release the City of Baldwin and Western Wisconsin Health, all employees and all sponsors from all claims and liabilities arising from my participation in this event. I agree and rescue expenses I may incur."

Signature: _____



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