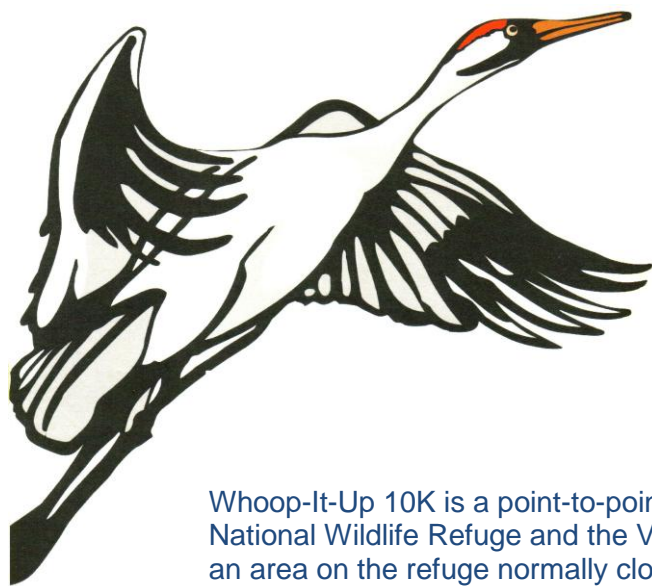


# 2010 Whoop It Up 10K



**Saturday, September 18<sup>th</sup> 2010**

**9:00 a.m. Necedah, WI**

**Whooping Crane & Wildlife Festival**

[www.whooping-crane-festival.com](http://www.whooping-crane-festival.com)



Whoop-It-Up 10K is a point-to-point course run along the beautiful scenic roads of Necedah National Wildlife Refuge and the Village of Necedah. A section of the route even goes through an area on the refuge normally closed to the public. The 6.1-mile stretch begins in Necedah National Wildlife Refuge at the Visitor Center and finishes at the Necedah Lions Park – the grounds for the Whooping Crane & Wildlife Festival.

**Course Start:** Necedah National Wildlife Refuge Visitor Center W 7996 20<sup>th</sup> St, W, Necedah, WI

**Course Ends:** Necedah Lions Park 901 N. Harvey Street, Necedah, WI 54646

\*\*Shuttle Service from Necedah Lions Park to the Race Start will be provided. Buses leave at 7:30 am and 8:00 am

## **Divisions:**

Individual Categories:

14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## **Packet Pick-Up/Same Day Registration**

Necedah Lions Park from 6:30am to 8:00am. Registration prior to race day is also available online through [active.com](http://active.com)

## **Water Stations**

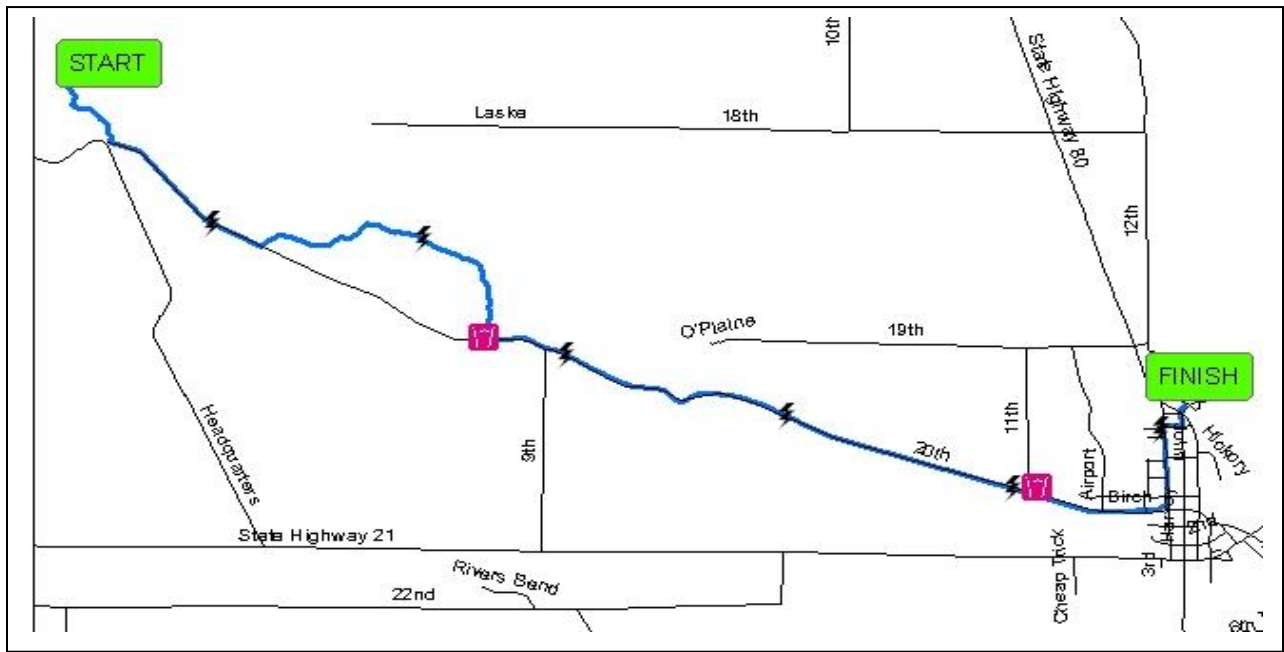
Water will be available at two stations along the course, mile 2.6 and mile 5. We encourage racers to bring their own water bottles to reduce waste.

**Facilities:** Restrooms available at start and finish line.

## **Award Ceremony**

Three Deep in each age group, male and female, and one male and female overall winner. Awards Ceremony to be held in Tent B on the festival grounds beginning at 11:00 am.

**Registration** is available through <http://www.active.com/running/necedah-wi/whoop-it-up-10k-2010> or by mail-in entry.



**Registration fee:** \$20.00 early bird registration till August 8; \$25 pre-registration until September 1. \$35 day of race. Pre-registration insures t-shirt availability.

**Mail Entry Form** and make checks payable to Necedah Wisconsin Lions Charities.

Mail-In Entries Must be postmarked by September 1, 2010

**Send to:** Necedah Lions Club, Attn: Dave Arnold, W6407 20<sup>th</sup> Street W., Necedah, WI 54646

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Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Shirt Size: (S) (M) (L) (XL)

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by a decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Necedah Wisconsin Lions Charities and the Necedah Lions Club, race officials, and all sponsors, their representatives and successors, for all claims or liabilities arising out of my participating in this event.

\_\_\_\_\_  
Runners signature (or parent if under 18)

\_\_\_\_\_  
date