

Stump Farm Trail

Race & Duathlon



10mi, 5K, &

5K+20mi Mt Bike

Saturday November 7, 2009 Brown County Reforestation Camp

The Ashwaubenon High School Nordic Ski Team will host 10 mi and 5K trail races and a 5K run + 20 mi Mt. Bike duathlon at the Brown County Reforestation Camp in Suamico as a fundraiser. Join the challenging 10mi on twisty up and down single track or the moderate soft-trail 5K for a perfect fall work out. Duathlon participants will run the 5K and then bike 2-10 mile loops on a fun and challenging single track. We encourage adult and high school runners and riders to come out. Great awards, door prizes and food will be available in the warm and spacious lodge.

ASHWAUBENON NORDIC SKI TEAM

The Ashwaubenon Nordic Ski Team, a competitive club racing in the Wisconsin High School Nordic League, hosts these races as a fundraiser. Currently team members attend 7 area high schools. Funds raised for the Nordic club help cover equipment and practice costs, race and travel expenses. The club's stated goal is to promote lifelong fitness and friendly competition through Nordic skiing. For more information go to: www.skiwithanst.org or contact coach Phil Nelson (panmanphil@yahoo.com) or Bernie Rocheleau (brocheleau@ashwaubenon.k12.wi.us).

Thank you to our award sponsors:

Linzmeier Market and Peggy's Pickles
Titledown Brewing Company
100 Springs Sugar Bush



EVENT DESCRIPTION

Day-of-race registration, bib pick up, awards and food will be located in the lodge at the Brown County Reforestation Camp. The lodge is adjacent to the parking lot and a short distance from the race start and finish.

Registration and bib pick up: 8:00 – 9:30 a.m.
10 mi Race start: 9:30 a.m.
5K & Duathlon start 10:45 a.m.

Limit of 100 participants in each race.

AGE GROUP AWARDS for ALL RACES

Awards and great door prizes available 15 minutes after completing the race. Useful and fun awards are given to the top three male and female age group finishers for the 5K, 10 mi and duathlon.

| 5K only | 10 mi and Duathlon |
|-------------|--------------------|
| 0 – 15 | 0 – 18 |
| 16 – 18 | 19 – 29 |
| 19 – 29 | 30 – 39 |
| 30 – 39 | 40 – 49 |
| 40 – 49 | 50 – 59 |
| 50 – 59 | 60 and over |
| 60 and over | *duathlon relay |

RACE FEES and REGISTRATION

| Early Registration (prior to Nov 1, online only) | | Late Registration (Nov 1- 5, online only) and Race day registration | |
|---|------|---|------|
| 5K | \$13 | 5K | \$15 |
| 10 mi | \$23 | 10 mi | \$25 |
| Duathlon | \$33 | Duathlon | \$35 |

Online Registration link: <http://bit.ly/OxC19> or ashwaubenonnordic.pbworks.com

Early registration by online only. All online registrations will incur an additional **Active.com** fee.

DIRECTIONS

Brown County Reforestation Camp is located north of Green Bay and west of Highway 41. Coming from either north or south, exit 41 on Sunset Beach Drive (Cty Rd B) and proceed west two miles until you reach Cty IR. Turn right on IR and continue a half mile. A sign for parking comes up quickly on your right. If you get to the NEW Zoo, you have gone too far.

Information: kozloski2@sbcglobal.net