

REGISTRATION

Where did you hear about No Frills Marathon? _____

First Name _____ MI _____ Last Name _____

Age _____ Date of Birth _____ Sex _____ T-shirt size _____

Address _____

City _____ State _____ Zip _____

Email address _____

Work Phone _____ Home Phone _____ Cell Phone _____

In Case of Emergency call:

Name _____ Phone _____

How many people are traveling in your party? _____ Are you spending the night in the

Minocqua area? _____ If so, where? _____

Entry Fees:

\$45 by 8/01/2018 for Marathon & ½ Marathon \$ _____

\$55 after 8/01/2018 for Marathon & ½ Marathon Total \$ _____

Please read and sign this waiver. Then enclose payment and mail to the address listed below.

Waiver: I acknowledge that the registered event is an extreme test of a person's physical and mental limit and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, participants, spectators, volunteers, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. I hereby assume all the risks for participating in this event. I certify that I am physically fit, have sufficiently trained for participation in the event, and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) will be used by the event holders, participants, sponsors, service providers, and organizers in which I may participate and that it will govern my actions and the responsibilities at said event. In consideration of my application and permitting me to participate in the event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter accrue to me or my traveling to and from this event, including but not limited to No Frills Marathon, their directors, officers, employees, volunteers, representatives and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or person(s) mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during the event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event. This AWRL shall be construed broadly to provide release and waiver to the maximum extent permissible under the applicable law.

I grant permission to the event organizers and No Frills Marathon to use my name, image, and photographs, videos, or any other record of my participation in the event for race commercial purposes including but not limited to newspaper, website, brochures, fliers, radio, and television.

I hereby certify that I have read this document and I understand its content.

Signature _____ Date _____

Parents Signature if under 18 _____ Date _____

Make Checks payable to: MACC Minocqua No Frills Marathon

Mail to: Minocqua Area Chamber of Commerce | P.O. Box 1006 Minocqua, WI 54548

IT'S ALL ABOUT THE RACE!



BOSTON MARATHON QUALIFIER
USATF CERTIFICATION CODE WI12035DM

SPONSORED BY



**Marshfield
Clinic®**

nature's original water park
MINOCQUA
AREA CHAMBER OF COMMERCE

WWW.MINOCQUANOFRILLSMARATHON.COM | 800-44-NORTH

GREETINGS

Welcome to the Seventh Annual "Minocqua No Frills Marathon"! This event is planned to accommodate those who aspire to run their first marathon, as well as veteran runners trying to better their times or qualify for Boston. The "No Frills" name indicates this will be a minimalist event. There will not be peripheral activities that add to the expense of the event. Future years with larger participation may see us change this philosophy somewhat, but for now we will stick to our mantra: "It's all about the race".

See you September 8, 2018!

Minocqua Area Chamber of Commerce & Blain Nyberg, Race Director

MARATHON AND 1/2 MARATHON START

7 am *For those who anticipate taking more than 6 hours to finish, please contact the race director. We will try to accommodate a 6 am start for these runners only.

REGISTRATION

\$45* – Through Tuesday, August 1, 2018; \$55* after August 1, 2018

*plus \$3.50 service charge for online registration

Online registration closes at 11:59 PM on Wednesday, September 5.

Register in person by Friday, September 7, 2018 until 5:00 pm at the Minocqua Area Chamber of Commerce Office: Hwy 51 S, Minocqua, WI or Saturday, September 8, 2018 between 6:00 am and 7:00 am at the Registration/Bib Pick-up table at Nokomis Community Park Hwy L for Marathon and between 7 am and 8 am Lakewood Road and Bearskin Trail for the Half-Marathon.

PACKET PICK-UP

Packets include gear bags, pins, and bibs with timing chips. They may be picked-up at the Minocqua Area Chamber of Commerce Office through Friday, September 7 at 5:00 pm and at the starting area between 6 am and 7 am on race day.

INCLUDED IN REGISTRATION

Complimentary shuttle (for racers only) from municipal parking lot on Hwy 51 downtown Minocqua near Minocqua Post Office. Leaves 5:30 am.

Aid Stations at mile 4-6-8-10-13-15-17-19-21-23-Finish.

Custom die-cast finishers medal with FREE name and time engraving by Bassett Jewelers.

Bag transport back to finish line from start area.

Friday Night Dinner

** Sorry, no refunds or bib transfers! **

COURSE CLOSURE

We want to give every racer the opportunity to finish with a recorded time, however, the timing company will only be able to keep their setup until 1 pm. If you think it will take you more than 6 hours to finish, please contact the race director. We will try to accommodate for

AWARDS

*Presented at Finish line.

* Medals to all finishers.

* Trophy to top male and female finisher.

* Masters trophy (for racers 50+ on race day) to top male and female finisher

COURSE DESCRIPTION

The Minocqua No Frills Marathon is a point-to-point course, beginning at Nokomis Community Park on Highway L (Old 51) about 20 miles south of Minocqua. The first 6 miles are on paved town roads. The remaining 20 miles follows the entire length of the Bearskin Trail with the course ending at the trail head behind the U.S. Post Office in downtown Minocqua. The Bearskin Trail is what makes this Marathon unique among races. The trail is a surface of crushed granite with no soft spots, and there will not be sidewalks lined with spectators. In fact, you will not see a single sidewalk along the entire route. What you will see is some of the most beautiful forests and scenery that Wisconsin's Northwoods has to offer! There is one stretch of 9 miles of the trail without a road or driveway crossing. Spectators will not even have access to many parts of the course and will usually be friends or family of other runners when you do see them. You will see streams, lakes, balsam swamps, hardwood forests, marshes, open meadows, a golf course, old railroad bridges, and a variety of wildlife if you're watching for them. The Bearskin Trail itself crosses 6 of these old railroad bridges and has a slight roll to its topography, but no hills to speak of. It allows you to keep a steady pace with plenty of passing room. We expect a lot of good times and many PR's!

RACE DAY TIPS

If you are alone, please leave your vehicle at the Finish and ride the shuttle to the Start. There will be no return shuttle to get your vehicle at the Start.

* There are plenty of good viewing spots for spectators.

1) Runners will make a 2 mile loop at the beginning and pass the starting area.

2) Runners will follow a 1/2 mile stretch on Hwy L between Rock Ledge Rd. and Lakewood Rd. (between mile 4 and 5).

3) Runners cross Hwy K 1/2 mile East of Hwy 51 (mile 8).

4) Runners cross Lakewood Rd. Twice, North of Hwy K (mile 9 and 13).

5) Runners pass within 10 ft of South Blue Lake Rd. (mile 17).

6) Runners pass over Hwy 51 just South of Hwy D and 51. Park at Hazelhurst Pub.

7) Runners cross Oneida St. in Hazelhurst about 1/4 mile West of the Hazelhurst ICO (mile 21).

8) Runners cross Blue Lake Rd. (mile 23). * Then go to the Finish or you'll miss it!

* We suggest running in pairs if you aren't experienced.

* Take a cell phone so you can contact a spectator if you need something or help.

* You may want to carry someuids and energy aids with you for those spots between aid stations.

* There are some DNR privies along the trail, but don't worry, the trail is heavily wooded. You know what to do!

* All miles are marked.

* After the race, swimming, showers, changing, food and refreshments are available at Torpy Community Park 2 blocks East of the Finish.

* Please be careful of road crossings.

* We will have music at the Start and the Finish.

*Food and refreshments at the Finish.

* Please view the Minocqua Area Chamber of Commerce website for hotels, restaurants, and campgrounds at www.minocqua.org. Contact race director if you would like a free tent campsite at the Nokomis Community Park starting area for the night before the race. Sites are limited.

* The 1/2 Marathon starts just north of where the Bearskin crosses Lakewood Rd north of Pinewood Golf Course. You may drop off your runner there, but there is no parking to stay.