

2018 SYTTENDE MAI CLASSIC RUN & WALK OFFICIAL ENTRY FORM MAY 19, 2018



20 Mile Run Start: 7:30 a.m.

10 Mile Run Start: 8:00 a.m.

17 Mile Walk Start: Rolling Start from 6-7 a.m.

The Syttende Mai Run is a 20-mile and 10-mile race from Madison to Stoughton. The 17-mile walk is non-competitive and follows in the tradition of Europe's popular "volks marches." Both runners and walkers follow the same route on rolling blacktop roads.

**For complete run and walk details:
bit.ly/RunInfoRegistration**



2 Ways to Register

- Mail this entry and your check to SYTTENDE MAI RUN, 532 East Main St, Stoughton, WI 53589 (No refunds)
- Register and pay online: runsignup.com

46th Annual 20-Mile Run

Entry Fees: By Dec 31, 2017 \$50

Jan 1 - Apr 19, 2018 \$55

Apr 20 - May 9, 2018 \$60

After May 9, 2018 \$65

9th Annual 10-Mile Run

Entry Fees: By Dec 31, 2017 \$40

Jan 1 - Apr 19, 2018 \$45

Apr 20 - May 9, 2018 \$50

After May 9, 2018 \$55

32nd Annual 17-Mile Walk

Entry Fees: By Dec 31, 2017 \$35

Jan 1 - Apr 19, 2018 \$40

Apr 20 - May 9, 2018 \$45

After May 9, 2018 \$50

Please sign me up for the: ☐ 20 Mile Run ☐ 10 Mile Run ☐ Walk Please print clearly & legibly! (address labels work well)

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip _____

Sex ☐ M ☐ F Date of Birth _____

Cell Number () _____

Email address _____

Number of years previously participated ☐ Run ☐ Walk _____

For more information:

(608) 873-7912

(888) 873-7912

9 a.m. to 4:30 p.m. M-F

syttendemai@gmail.com

Amount Paid \$ _____

T-Shirt Size ☐ S ☐ M ☐ L ☐ XL

**All shirts are
"technical" shirt
material. Please
plan your size
accordingly.**

****IMPORTANT! PLEASE READ! RELEASE OF CLAIMS**

In consideration of the acceptance of my entry in the Syttende Mai Run or Walk held on May 19, 2018, I release the Stoughton Chamber of Commerce, Syttende Mai Committee, its members and officers, the City of Stoughton, Dane County, City of Fitchburg, City of Madison, Town of Dunn, Town of Madison, the various event sponsoring organizations, and other individuals or entities who are in any way connected to the event, including any volunteers assisting with the event

from any liability or for injury or illness that I might sustain during my participation in these events or that is in any other way related to these events.

I understand that this release applies to myself and my personal representatives, heirs and assigns. I know that running or walking is a potentially hazardous activity, but represent that I am trained adequately and am medically able. I assume all risks associated with running or walking, including but not limited to falls, contact with other participants, effects of weather including high heat and/or humidity, traffic and the conditions of the

roads. Further, I grant full permission without compensation to the Syttende Mai Committee to use any photographs, videotapes, motion pictures, recordings or any other reproduction of my participation in any event.

Signature _____

Date: _____

Signature of Parent or Guardian if under 18: _____

24th Annual Lil' Syttende Mai Run Entry Form

2-MILE COMMUNITY RUN/WALK • SATURDAY MAY 19, 2018

ELIGIBILITY

The run is open to anyone, regardless of age. Strollers and wheelchairs welcome. No roller blades, roller skates, skateboards, leashed animals or bikes. See run information sheet for complete details.

REGISTRATION FEES & AMENITIES

- \$12 per person through May 7, 2018
- \$15 per person after May 8, 2018
- Register by Friday, May 11, 2018 to be guaranteed a t-shirt
- Day-of Registration is available from 7:00-7:30am on May 19, 2018 at Fox Prairie School
- Refreshments at the finish line: a snack bar and water
- No refunds

Participant Name _____ Age _____
(on race day)

Address _____

Email _____ Phone _____

Select Shirt Size: Youth M _____ Youth L _____ Adult S _____ Adult M _____ Adult L _____ Adult XL _____

RELEASE OF ALL CLAIMS for personal injury as participant in the May 19, 2018 Lil' Syttende Mai Community Run/Walk. In consideration for my rights to participate in this race event, I hereby release the Stoughton Chamber of Commerce, Syttende Mai Committee, the City of Stoughton, all sponsors, and all race officials from any liability of personal injury incurred by me in participating in this race. I further certify that I am in proper condition to participate in this race, and am aware of all inherent risks of said participation. I give permission to use photos taken of me in this event for promotional uses.

Participant Signature _____ Date _____
Parent or Guardian Signature if Participant is under 18

Make your check payable to: Stoughton Chamber of Commerce

Mail your check and form to:

Stoughton Chamber of Commerce

532 East Main Street

Stoughton, WI 53589

Questions? Email syttendemai@gmail.com or call 608-873-7912

24th Annual Lil' Syttende Mai Run Information

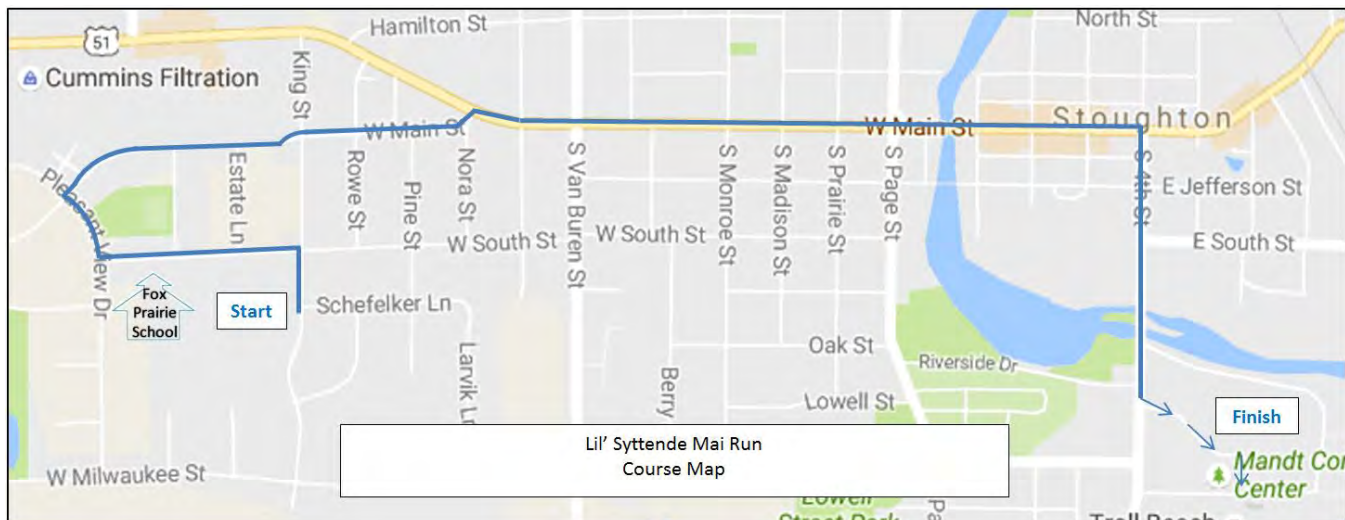
2-MILE COMMUNITY RUN/WALK • SATURDAY MAY 19, 2018

Thank you for your interest in the Lil' Run. Please refer to this information sheet as the run draws closer.

REGISTRATION FEES & RUN DETAILS

- The run is open to anyone, regardless of age.
- \$12 per person through May 7, 2018.
- \$15 per person after May 8, 2018.
- Registrations received on or after May 14, 2018 are not guaranteed a t-shirt.
- Mail your registration form and check to: Stoughton Chamber of Commerce, 532 East Main Street, Stoughton, WI 53589. You may also drop off your registration Monday to Friday, 9am – 4:30pm.
- Day-of Registration is available from 7:00-7:30am on May 19, 2018 at Fox Prairie School.
- Refreshments at the finish line: a snack bar and water.
- We run rain or shine. Cancellation only in case of lightning.
- No refunds.

COURSE MAP



PARKING AND DROP-OFF

- If arriving by car, please park the car off the run course.
- Drop participants off at the corner of King Street and West South Street near Fox Prairie School. This is a very congested area – please watch for children.

24th Annual Lil' Syttende Mai Run Information

2-MILE COMMUNITY RUN/WALK • SATURDAY MAY 19, 2018

RUN INFORMATION

- Avoid delays! Pick up your race numbers and t-shirts on Friday, May 18, 2017 from 3-6pm at the festival tent at Division and Main Streets.
- Packets will also be available on Saturday morning at the run start but you must arrive early.
- Run begins at Fox Prairie School near the corner of King Street and West South Street.
- **Arrive at run start location no later than 7:30am** for final instructions and line-up.
- Pin numbers on the front of an outside garment, visible to race officials. Safety pins are available at the run start.
- **Run starts at 7:45am sharp!**
- Run times will be read at the one-mile mark and at the finish line in Mandt Park, 400 Mandt Pkwy.
- As you cross the finish line, listen for your finish time. It will not be printed anywhere.
- A snack bar and water for paid participants is available immediately following the run finish.

SAFETY GUIDELINES AND RESTRICTIONS

- Parents may run along with children although unregistered participants will not receive a T-shirt.
- If running with a child, stay with them through the finish line chute to avoid congestion at the end of the race.
- Run only on the designated course and inside the cones on Main St. (See course diagram). Police and race officials will help at intersections.
- No roller blades, roller skates, skateboards, leashed animals or bikes allowed.
- Runners from the 10 and 20-mile run typically start finishing between 9:15 and 9:30am. We encourage you to stay behind the orange snow fencing to cheer them in.

Have a great run!

Questions? Email syttendemai@gmail.com or call 608-873-7912

43rd Annual Syttende Mai Canoe Entry Form

FRIDAY, MAY 18, 2018 · Start Time: 6:30 PM SHARP!

REGISTRATION FEES & RACE DETAILS

- **\$30 Entry Fee per canoe**
- Registration Deadline: Wed., May 16, 2018 at 12 noon to guarantee 2 race-day shirts/canoe
- Two race-shirts are included with your \$30 entry fee
- Registrations are capped at 150 canoes
- There are no day-of or on-site registrations
- No refunds

ELIGIBILITY AND ENTRY CATEGORIES

Please check one category.

- ☐ Men
- ☐ Women
- ☐ Mixed: (1) Man, (1) Woman
- ☐ Youth: 14 years and under
- ☐ Adult/Child: 25 and older/14 and younger
- ☐ Juniors: 15 to 17 years old

SHIRT SIZE CHART

- Adult Small (34-36)
- Medium (38-40)
- Large (42-44)
- X-Large (46-48)

CONTESTANTS

Name - Paddler One: _____ **Age:** _____

Address: _____
Street City Zip

Email: _____ **Cell Phone:** _____

Shirt Size from Chart: _____ ☐ Check here to add your email to our list.

Name - Paddler Two: _____ **Age:** _____

Address: _____
Street City Zip

Email: _____ **Cell Phone:** _____

Shirt Size from Chart: _____ ☐ Check here to add your email to our list.

RELEASE of all claims for personal injury as a participant in the Syttende Mai Canoe Race. In consideration of my rights to participate in this event, I hereby release STOUGHTON CHAMBER OF COMMERCE, the Syttende Mai Committee, all sponsors, and race officials from any liability incurred by me in participating in this race. I further certify that I am in proper condition to participate in this race and am aware of all inherent risks of said participation. I also agree to let photos of my participation to be used for publicity and marketing.

Amount Enclosed: _____ **Make check payable to:** Syttende Mai Canoe Race

Mail to: Stoughton Chamber of Commerce, Canoe Race, 532 E. Main St., Stoughton, WI 53589

Paddler One: _____ **Date:** _____
Signature (Parent or Guardian if under 18 years)

Paddler Two: _____ **Date:** _____
Signature (Parent or Guardian if under 18 years)



STOUGHTON LIONS CLUB

"WE SERVE"



ROSE DAY

MARCH 17th, 2018

One dozen Red or Colored Roses
OR a Mixed Floral Bouquet Delivered
within a 15 mile radius of Stoughton

\$20.00 Each

(PREPAID & DELIVERED)

**Must be ordered
by March 5th**



Net proceeds will be used for our vision and hearing
impaired programs, plus many other community projects.



THIS STUB LEFT
WITH DELIVERY



STOUGHTON
LIONS CLUB
ROSE DAY
MARCH 17th, 2018

To All Our Friends In The Stoughton Area.....

You can have delivered a dozen **Fresh Roses (red or color) OR a Beautiful Bouquet of Fresh Cut Flowers** to someone special! Our Flowers are high quality and sold at the reasonable price of **only \$20.00 delivered**. The Stoughton Lions Club will deliver them to your door on **Saturday, March 17th, 2018** within a 15 mile radius of Stoughton. The net proceeds will be used for our vision and hearing programs, plus many other community projects.

-----SEE THE OTHER SIDE FOR ORDER INFORMATION-----

The Stoughton Lions Appreciate Your purchase and support!!

This is not a school sponsored activity and the Stoughton Area School District does not provide support or endorsement of this program/activity. It has neither reviewed/or approved the program, personnel, or activities announced in this brochure/flier.

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Girl Scout Sign Up

**Intro to Girl Scouts Build-It Bash:
Participate in a STEM Activity!**

Stoughton Public Library

Thursday, February 15

6 – 7 pm

info@gsbadgerland.org | 800.236.2710



Coping & Thriving with Women's Life Transitions



Rebecca Faber, MD
Obstetrics/Gynecology
SSM Health Dean
Medical Group - Stoughton

Dr. Rebecca Faber will talk about women's life transitions and how to not only cope, but thrive at any age. Depending on audience interest, topics may include contraception, fertility, obstetrics care, the "40's" and how your periods change and the menopausal transition.

This presentation is open to all, regardless of insurance.

Wednesday, February 28th at 5:30 p.m.

Stoughton Hospital

900 Ridge Street, Stoughton

Bryant Health Education Center (lower level)

To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events."
Questions? Please contact Sonja at 873-2356.



Disclaimer: This activity is organized and solely sponsored by a recognized parent or community organization in support of the Stoughton Area School District and not by the school district itself. It is recognized that the intent of this activity is to ultimately support students and families served by the Stoughton Area School District. Permission to distribute this material has been granted by the Superintendent.

stoughtonhospital.com



Essential Oil Basics



Melissa Newton
Registered Nurse and
Certified Clinical
Aromatherapist Practitioner

Join Melissa Newton, The Oily RN, and Certified Clinical Aromatherapist Practitioner, to learn the basics of essential oil safety, usage and storage. Melissa will also share how essential oils can be used as a non-toxic way to clean your home and the air within.

Thursday, March 1st at 6 p.m.
Stoughton Hospital
900 Ridge Street, Stoughton
Bryant Health Education Center
(lower level)

To register for this free event, please go to stoughtonhospital.com and click on "Classes & Events."
Questions? Please contact Sonja at 873-2356.



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ART•SPIN

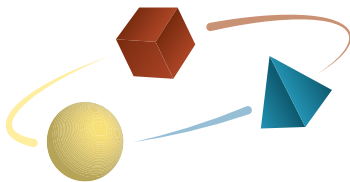
Saturday, March 10

12:00–2:00 p.m.

FREE! FAMILY FRIENDLY! FUN!

Drop in anytime and join us for a special Art Spin as UW–Madison graduate students Amy Gaeta and Alex Leme lead a parangolé, or cape-making, workshop for all ages! Using fabric, paints, glue, and more, participants will craft a one-of-a-kind costume inspired by Brazilian art, music, and carnival celebration.

Organized by The Visual Cultures Collective of The Center for Visual Cultures at UW-Madison.



ART•SPIN

ART•SPIN events are presented for the Madison community with support from area businesses and organizations.

Join us on March 15th from 6:00-7:30 p.m. and strut your stuff in your Parangolés a part of a parade and performance featuring live Brazilian Music in the Chazen Lobby.

750 University Ave. | 608 263-2246 | chazen.wisc.edu | Tues, Wed, Fri: 9–5 | Thur 9–9 | Sat–Sun: 11–5 | Closed Mon


Chazen Museum of Art

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