



Trail run/walk

2K, 5K, 10K

To support the general fund for Crossroads at Big Creek Environmental Learning Center, promote cross-generational recreation, and increase awareness of 'green' living in our community.

Saturday, June 25, 2011

**Hwy 42/57
Michigan St.
Sturgeon Bay, WI**

Start Time: 9:00

Course Events

Maps available

2K (1.24 miles)

The 1.24 mile walk/run is a scenic loop that takes walkers/runners southeast along the gravel and wood chipped trails around Hauser's pond, through the coniferous woods, crossing Big Creek, via a wooden bridge, returning through the pine plantation west toward the finishing area.

5K (3.1 miles)

This course follows the perimeter trail of the Crossroads property, through the coniferous woods, over the wooden bridge north of the Hanson House historical site, and to gravel upgrade beside an old orchard. Runners will head north on grassy trails past the Stonecipher Astronomy building and will follow a trail around Crossroads' original 53 acres. Runners then head back past the Leif Everson Observatory weaving through The Wild Ones Meadow and crossing Big Creek via wooden bridges to the finish line. Trail includes single and double track, with woodchip, gravel, and dirt foundations. Each mile is marked.

10K (6.2 miles)

This course follows the 5k route, splitting off at the southeast corner near the Observatory road entrance. Runners will leave Crossroads property and continue up Cove Road to hook up with a private trail system. The return will find runners merging into the 5k route to the finish line.

Tortoise and Hare Chip Timing

Made possible through support from Ministry Health Care, Door County

www.ministryhealth.org

Medical services will be provided by Ministry Door County Medical Center. Athletic trainers and EMRs will be available at the start/finish line and at key points throughout the course.

Awards:

All preregistered participants will receive a custom printed recycled cotton T-shirt.

Sponsored by Greens N’ Grains www.greens-n-grains.com

Path and Paddle Outfitters www.pathandpaddle.com

All participants will receive locally produced refreshments following the run.

Homemade Vanilla Ice Cream:

Donated by Schopf’s Dairy View Country Store www.dairyview.com

Homemade Granola:

Donated by The Black Walnut Guest House stay@blackwalnut-gh.com

Decompostable bowls,

Donated by Glas the Green Coffeehouse www.glascoffee.com

All participants will receive a reusable market bag.

Donated by Path and Paddle Outfitters www.pathandpaddle.com

All finishers will receive a native sapling.

Donated by Evergreen Nursery, Sturgeon Bay, WI. www.evergreennurseryco.com

Awards to be Presented:

- Female and Male top overall winners in the 5k and 10k will be awarded a hand thrown bowl created by local artist, Kris Kolinski of Clay on Steele. www.clayonsteele.com
- 1st place, Hand painted Watercolor Award, by local artist, Theresa Kay- Meredith
- 2nd place, Maple Syrup, from Henschel Farms www.rewebb.com/Henschel.htm
- 3rd place, Honey from Pam Johnson, produced locally in Carlsville

10K/ 5K: 7& under, 8-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 &up.

2K: No divisions. Fun Run/Walkers only.

Registration

Event	Pre-register before June12	Registration
ALL	\$20	\$25
	\$40 Family (limit 4, kids under 14)	\$45 Family-(limit 4, kids under 14)
	7 and under,	7 and under,
	70 and over are free	70 and over are free

No refund including weather cancellations. This means that once you register you will not receive a refund for any reason. You can transfer your entry to another person or another event with written permission of the race director. \$25 charge for NSF checks.

Check In and Registration

Friday June 24, 5:00 to 7:00 pm at Collins Learning Center

Saturday June 25, 7:30 am at Collins Learning Center

Bikes & Dogs:

Bikes and dogs are not allowed on the course during the race. As always, dogs are allowed on the property but must be on a leash at all times. All animal waste must be picked up and removed from the site.

Aid Stations

There will be three water aide stations: 1) start/finish area 2) mile 1.5 (and 3.5 for 10k) at the 5km/10km split-off point at Cove Road 3) mile 3 (and 6 for 10k) north bridge. Keep it “GREEN”. Please bring your own water bottle. Uncap your bottle and the volunteers will refill your vessel. No paper waste. Water bottles for purchase on site.

The Historical Village at the Crossroads, sponsored by the Door County Historical Society, will be open during this event. Volunteers will be in period clothing and available for questions.
www.crossroadsatbigcreek.org/village.htm



Earth Friendly Points

- Recycled cotton shirts
- Post event refreshments are locally grown or produced within 30 miles
- Paper goods are biodegradable
- Food waste is composted
- Water bottle usage in place of paper waste
- Awards are made locally by artists and businesses
- Courses are marked with reusable flags that are removed after the event
- Event promotes a silent sport for all ages with minimal footprint
- Increases awareness of 'green' living in our community
- Proceeds from the event support the general fund at Crossroads at Big Creek Environmental Learning Center

Thank You to Jeff Crumbaugh and Great Lakes Endurance LLC for being an inspiration by your leadership and action in providing environmentally conscious trail runs, providing a model structure, and a layout for this second annual event. www.greatlakesendurance.com