

Tuscobia Ultra Registration

Bike, Run Ski Across Northern Wisconsin

Tuscobia Trail is a 74 mile point to point trail beginning in Rice Lake, Wisconsin And ending in Park Falls, Wisconsin. This race is a self-supported point to point race. Race proceeds will be for trail improvements.

50K 75 Mile

AGE (As of 12/19/09) REQUIRED: _____

Gender: Female Male

Name _____

Address _____

City _____ State _____

Zip _____ Phone () _____

E-Mail _____

Ski, Bike, Walk/Run (you may change this at the start of the race just so I have a idea what everyone is participating in)

Ski Bike Run

Sweatshirt Size: S M L XL

WAIVER

Must be Signed

In consideration of the acceptance of my entry, my executors, administrators, and assignees do hereby release and discharge the, organizers, of all claims and damages, demand and action whatsoever in any manner incurred by my participation in the 50K Race, 75 Mile Race, on December 19, 2009. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event, I also release the use of my name or any record of my participation in this event for promotional or publicity purposes without remuneration or obligation to me.

Signature _____ Date _____

Parent/Guardian Signature _____

(Parent /Guardian Signature needed if under 18)

Pre-registration fee - \$60.00 (\$90.00 after Nov. 19th)

Make check payable to: **Tim Roe**

Mail Check and this entry form to:

Race Registration

c/o Tim Roe
W6148 State Hwy 182
Park Falls, WI 54552

Questions?

info@tuscobialtra.com

Tim Roe
(715) 518-3069

Rules

Registration Procedures:

Pre-registration fee is \$60.00 and must be received by November 1, 2009 (no refunds).

Your cancelled check will be your receipt. After November 19th the fee will be \$90.00. There will be no race day registration!

Rules:

This race is a self supported race. Racers are encouraged to help each other out along the way but are not allowed to receive outside help unless the racer is dropping out. There will be a 32 hour cutoff time for 75 mile racers. Giving racers plenty of time to enjoy the beauty of the Northwoods.

Required Gear For Both Races

- 3 Flashing LED Lights Front And Back
- 10 Square Inches Of Reflective Material Front and Back
- Headlamp or Flashlight
- Whistle
- 64 Oz. Water Containers
- 3000 Calories Of Food

Additional Gear For 75 Mile Race

- Minus -20 F Sleeping Bag
- Insulated Sleeping Pad
- Bivy Sack or Tent
- Firestarter
- 3.5 Fl. Oz. Of Fuel
- Pot To Melt Snow
- Stove To Melt Snow

AWARDS & PRIZES

Every Racer that participates will receive hooded sweatshirt. Every Racer that completes the course will receive a unique finisher award.

See You On December 19th!



DIRECTIONS:

- Turn west off of Hwy. 13 onto County E
- Follow County E about 1/2 mile to Park Lane
- Turn north on Park Lane and follow about 1/4 mile to park

RACE DAY DETAILS

DIRECTIONS:

The Town of Park Falls, Wisconsin is located on Hwy 13 between Ashland and Medford, Wisconsin. From the West, take Hwy 70 East which leads to Hwy 13; turn North. From the East, take Hwy 70 West to Hwy 13 North.

STARTING TIMES ON December 19th :

Pre-Reg. Check In: 4:00 a.m. – 9:00 a.m.

75 Mile Bus Leaves Park Falls 5:00 a.m.

50K Bus Loads Park Falls: 9:00 a.m.

50 K Start: 10:00 a.m.

75 Mile Start: 7:00 a.m.

Participants meet at the Tuscobia Trail Head In Park Falls.
Events will run, snow or no snow so please prepare for both situations most years there is plenty of snow!

Visit our website—www.tuscobialtra.com