



“THE RANGER”

“An entire day of open cross country races for all age groups”

Saturday, October 3rd

The University of Wisconsin Parkside - Wayne E. Dannehl National Cross Country Course

4400 Petrifying Springs Rd, Kenosha, WI US 53144

COURSES: The original UWPXC 3K, 5K, 6K & 8K courses will be run. All races will be run on the route that goes through the woods from 1 ¼ to 1 ½ miles. (Unless excessive flooding forces diversion to the main straight away.)

EVENT/SCHEDULE:

9:00am	High School Boys 5K	Grades 9-12	(\$15.00 entry fee)	Site access 7:45am
	Awards top 3			
11:00am	High School Girls 5K	Grades 9-12	(\$15.00 entry fee)	Site access 10:00am
	Awards top 3			
1:00pm	Youth Boys 3K	Grade 8 & Under	(\$10.00 entry fee)	Site access 12:00pm
	Awards top 8			
1:30pm	Youth Girls 3K	Grade 8 & Under	(\$10.00 entry fee)	Site access 12:00pm
	Awards top 8			
4:00pm	Open Men's 8K	Open	(\$20.00 entry fee)	Site access 2:30pm
	Awards top 3			
5:00pm	Open Women's 6K	Open	(\$20.00 entry fee)	Site access 2:30pm
	Awards top 3			

FEES: The entry fee for athletes in each division is listed above. Athletes are entering as unattached individuals. Athletes may purchase one or two spectator \$5.00 admission passes with their meet entry. Participants may also purchase a meet t-shirt for \$10.00 with their entry through Sunday evening 9/27. Entries close at midnight on Wednesday, September 30th at 11:59pm CST. There is a field limit of 180 participants for each division. Registration will close for a division if the maximum field size is reached prior to 9/30. The online registration link is:

<https://runsSignup.com/Race/WI/Kenosha/TheRanger> A processing fee and state and local sales tax will be added to the online fees.

PARKING: All participants & spectators should come in on Highway E and then turn left onto HY JR to access the UW-Parkside Physical Education or Communication Arts parking lots located off of Hwy JR east of the course. There is no participant drop off on Highway JR. No parking is allowed in any of the Petrifying Springs parking lots – this includes participants, coaches and spectators. Handicap Parking (with Permit) is allowed in the lot immediately North of the course on HY JR.

PACKET PICKUP: Participants may pick up their race packet, which includes race bib, t-shirts and spectator passes, at the registration tent at the course entrance. Registration opens at the site access times for each session.

SPECTATORS: Only 2 spectators are allowed per entrant. The admission fee per spectator is \$5.00 which is paid when an athlete enters the meet online. Absolutely NO WALK UP ADMISSION. Spectators should arrive as late as possible and leave the facility ASAP after the race. Social distancing at the finish line and throughout the course is encouraged.

MASKS: Everyone MUST wear a mask at all times before, during and after the event. Runners may take off their mask while running. It is recommended that runners leave their masks on for the start of the race. Coaches and all event/team personnel should keep masks on at all times if possible. Spectators should have masks on at all times.

SITE PROCEDURES: You may not enter the facility prior to the site access time for your session. We expect everyone to leave the course ASAP after their race and cooldown. We will clear the site between sessions. The spectator admission fee is good for one session only. When an athlete or spectator leaves the facility they will not be allowed to re-enter the site. Every athlete must bring their own water bottle. DO NOT SHARE WATER BOTTLES. All individuals must bring their own hand sanitizer. NO TENTS are allowed.

There is a large "Athletes Only" area behind the finish line area. This area is restricted to competing athletes, coaches and officials. This is where athletes leave their gear bags and water bottles. Social distancing in the athlete area should be practiced. Athletes, coaches and officials should wear masks in this area. No group coolers or group supplied beverages or food are allowed. All warmups and cooldown running MUST be done on the Parkside course. Athletes should be in the designated team area when they are not warming up, racing or cooling down. They should not be mingling with spectators.

CONCESSIONS: The UW-Parkside Athletic Department will operate a concession stand on the course for the duration of the event. Only factory packaged foods, snacks and beverages will be sold.

ATHLETE RESTRICTIONS: This event is legal for all Wisconsin high school cross country runners even if they are in season. However they must have High School athletic department pre-approval, pay their own entry fee and provide their own transportation to and from the event. NCAA runners with collegiate eligibility remaining who wish to run unattached (compete as an individual, representing only himself or herself) should present this to their college coach and compliance officer prior to entering. In order to meet "unattached" criterion, collegiate athletes must be meeting all NCAA eligibility requirements, pay their own entry fee, provide their own transportation to and from the event, not compete in an institutional uniform, and not receive any coaching or instruction from their collegiate coach during the event. The three NCAA divisions, plus individual conferences have different guidelines and regulations concerning competing unattached in "open" events, so seek guidance from your particular institution first.

COACHES: Coaches that are on the current USATF Coaches Registry may request credentials to gain access to the athlete only restricted area. High school and college coaches may be violating their governing body regulations if they access the athlete only area. It is suggested that only club coaches request credentials. Email Peter Henkes at henkes@uwp.edu to request credentials. Coaches must be paid spectators.

RACE START PROCEDURES: Athletes should be in the staging area in the "Athletes Only" area 10 minutes prior to the start of their race.

At 6 minutes they will be sent to the starting line. Athletes may not bring any extra clothing or bottles to the starting line.

Each starting alley is 32 meters with 30 one meter individual starting slots per alley. Athletes will run the first 400 meters in coned alleys. There will be waves with 5 minute separation if the participation level warrants. Your starting position will be designated on your race bib.

Athletes will safely be given water by meet management at the completion of their race.

FURTHER INFO & UPDATES: For further meet information and updates go to:

<http://www.wisconsinrunner.com/results/2020Ranger.php>

For registration/course information email your questions to Pete Henkes at henkes@uwp.edu . For UWP cross country/track & field program information, contact Coach Nick Maas at maas@uwp.edu

All race proceeds go directly to the Wayne E. Dannehl National Cross Country Course maintenance and enhancement fund. Come join us for a day of old school XC. XC DOES NOT GET ANY BETTER THAN THIS!

WAIVER: In consideration of the acceptance of my entry in The Ranger on Saturday, October 3, 2020, I, the participant, intending to be legally bound do hereby waive and forever release the University of Wisconsin-Parkside, The Board of Regents of the University System, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a cross country race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a cross country race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are nontransferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

