

ICE to WATER

5k/10K Trail Run and Kids Race

At WI Interstate State Park

July 30, 2022

5k and 10k races start and end at the Skyline Shelter near the Ice Age Center.

The 5K race follows the Skyline Trail with a beautiful view of the St. Croix River Valley.

The 10K race starts at the Skyline Trail/ shelter and continues to the waterfalls on the Silverbrook Trail.

July 29 Material pick up and registration from 5 - 7 pm at the Skyline Shelter.

July 30 Material pick up and registration from 7 - 8 am at the Skyline Shelter.

July 30 5k Trail Race/ hike 8 am. Starting/ending at the Skyline Shelter near the Ice Age Center building.

July 30 10k Trail Race/ hike 8:30 am. Starting/ending at the Skyline Shelter near the Ice Age Center

July 30 Kids Fun Run (12 and under) 8:15 and 8:45 on the Skyline Trail near the Ice Age Center building

The proceeds benefit the Friends of WI Interstate State Park and Straight Lake State Park.

Please contact WISPandSLSP@gmail.com with questions or request a registration form.

Find forms/updates on the Friends of WI Interstate State Park & Straight Lake State Park Facebook page
or come register in the store in the Ice Age Center to by cash, check or card.

Registration

	Name	Age	email	Phone	5K (\$30)	10K(\$30)	Kids (\$11)
#1							
#2							
#3							
#4							
#5							
#6							

Make Checks to: Friends of Interstate State Park

Mail in Registration: Friends of WI Interstate Straight Lake State Parks,

1275 State Hwy 35, PO Box 703, St Croix Falls WI 54024.

