



FROZEN ASSETS 5K SNOWSHOE RACE

JANUARY 2, 2010

Men's Start 10:00 am

Women's Start 10:10 am



THE BREWERY

8 Main St.
Honeoye Falls, NY
585-624-7870

Location:

Harriet Hollister Spencer State Recreation Area,
at the south end of Honeoye Lake, just south of
Rochester, NY. Directions on Web Site
(listed below)

Course:

This event is an ESG Snowshoe qualifier. Over
rolling mostly ungroomed trail.

Snowshoes:

Minimum legal size is 120 square inches of
coverage.

Awards:

Ceremony and refreshments will take place at
The Brewery Located at 8 Main St. Honeoye
Falls at 12:00 noon. There will be awards for
both men and women overall open/master and 1st
place in the following age groups: 19&under, 20-
29, 30-39, 40-49, 50-59, 60 & over.

Entry Fee:

\$10.00 postmarked by 12/28/2010. After and
race day \$15.00 after and race day. Packet pick
up will be race day starting at 9:00 am.
Registration closes for men and women at 9:50
am. Please do not mail any registrations after
12/24/2010.

*****In case of no snow this will be a trail run so plan accordingly.*****

Feel free to direct any questions to goose@roadsarepoison.com or check our website at
www.roadsarepoison.com

Make checks payable: Tim Ratowski 1040 Macedon Center Rd Fairport, NY 14450
2010 FROZEN ASSETS SNOWSHOE RACE Registration Form

Last Name: _____ First Name: _____
Street Address _____
City _____ State _____ Zip code _____
Telephone Number _____ Email _____
Date of Birth _____ Age day of race _____ Sex _____

Age Group
(Please circle)
19 & under
20-29
30-39
40-49
50-59
60 +

Entry fee \$10 postmarked by 12/24/2010. \$15 race day.

I know that participation in an event of this type is a hazardous activity. I fully understand that I or the person that I am responsible for, will be subjected to harsh environmental conditions, including but not limited to, unseasonably extreme temperatures, snow, ice, uneven terrain, rock, roots, trees and branches,, limited access for immediate medical assistance, as well as any other conditions that man and/ or mother nature may provide. I understand that there is the risk of sustaining bodily injury and even death. I certify that I or the person I am responsible for is of strong body and mind, and is truly capable of participating in this event. Therefore, I for myself or the person that I am responsible for release the race directors, the State of New York, event sponsors, and any other persons involved in this event from any liability that may be incurred by myself, or the person I am responsible for, as a result of my/his/her participation in this event. I understand that I or the person I am responsible for, will be responsible for any cost of emergency service that is required during this event. I understand that my entry fee is non-refundable.

Signature Required: _____ Date: ____ / ____ / 20 ____.

Signature Required: _____ Date: ____ / ____ / 20 ____.

(If under 18, legal guardian's signature required)