

# POWERSOX<sup>®</sup>



## 10th Annual PowerSox U.S. National Snowshoe Championships Friday-Sunday March 5-7, 2010

### LOCATION

Highland Forest Park  
1254 Highland Park Road  
Fabius, N.Y. 13063  
315-683-5550  
highland@ongov.net



The snowshoe race courses will feature groomed trails, single track and challenging varied terrain. Spectators at the Skyline Lodge will view the races at the start and finish. Beautiful Skyline Lodge provides state of the art indoor facilities, food, cross country ski and snowshoe rentals and sledding facilities. Bring the whole family. The Kidz Zone will be open 10am to 3pm on Saturday! Lots of fun activities!

### REGISTRATION

Pre-register by filling out entry form and mailing it in with your entry fees to: Mark Elmore, USSSA Sports Director, 106 Open Hearth Court, Knightdale, NC 27545. Or race weekend register at Skyline Lodge Friday March 5 from 11am, Saturday March 6th from 8am or Sunday March 7th from 9am prior to your event.

### EVENTS

#### Friday March 5th, 2010:

11:00am Course Preview & Registration.  
6:00pm Athletes' Reception at Skyline Lodge

#### Saturday March 6th, 2010:

9:00am 5km Junior National Championship  
10:00am 10km Sr. Women's National Champ.  
10am-3pm Kidz Zone. Games & Activities  
11:30am 10km Sr. Men's National Champ.  
1:00pm Kid's Kilo  
1:15pm Citizen's 5km Snowshoe Run/Walk  
3:00pm Prize Raffle  
3:30pm Awards Ceremony  
6:00pm Championship Banquet & Live Band

#### Sunday March 7th, 2010:

10:00am 4 x 2.5km Snowshoe Team Relay  
11:30am Awards & Closing of Championships

### AWARDS

Each participant will receive a t-shirt and goodie bag. Four National Champions will receive championship rings. Top 3 men and women in each age group win medals. Juniors must be 19 and younger as of 12/31/10. Senior athletes (age as of 12/31/10) age groups are; 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84+. The top 5 Senior men and women in the 10km event and the top 3 Junior boys and girls in the 5km event will make the 2010 U.S. National Snowshoe Team.

### INFORMATION

www.snowshoeracing.com  
Contact Local Organizing Committee Chairperson Chary Griffin: Email: griffich@aol.com. Or email ussasnowshoeguy@gmail.com, Cell: 518-420-6961.



# U.S. National Snowshoe Championships

## Entry Form

**EVENTS** (Bold events are "OPEN" events)

### Saturday March 6th, 2010:

- 9:00am Junior Boys & Girls 5km Natl. Champ.
- 10:00am Senior Women's 10km Natl. Champ.
- 11:30am Senior Men's 10km Natl. Champ.
- 1:00pm **Kid's Kilo (ages 12 and under)**
- 1:15pm **Citizen's 5km Snowshoe Run/Walk**
- 6:00pm Championship Banquet (free for registered participants, \$10/guest)

### Sunday March 7th, 2010:

- 10:00am **4 x 2.5km Snowshoe Team Relay** (Register on race day only at Skyline Lodge)

### Entry Fees:

- Jr. & Sr. Natl. Champ. Events \$25.00
- Kid's Kilo \$5.00
- Citizen's 5km Run/Walk \$15.00
- 4 x 2.5km Snowshoe Team Relay \$40.00/Team

All registered entrants will receive a long sleeve shirt, goodie bag, entry into prize raffle, entry to Friday night Athletes' Reception and Saturday evenings' Championship Banquet.



## 2010 PowerSox Natl Snowshoe Champs. Entry Form (This form may be duplicated)

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ Adult T-Shirt Size: \_\_\_\_\_

Registration for; \_\_\_ Jr. 5km National Champ., \_\_\_ Sr. 10km National Champ., \_\_\_ Kid's Kilo,  
(Check Event(s)) \_\_\_ Citizen's 5km Snowshoe Run/Walk, \_\_\_ 4 x 2.5km Snowshoe Team Relay

I will \_\_\_ I will not \_\_\_ attend the Saturday evening Banquet. I'll have \_\_\_ guests (at \$10.00/guest)

### Mail Entry Form with Entry Fees to:

**Mark Elmore**  
USSSA Sports Director  
106 Open Hearth Court  
Knightdale, NC 27545

*Must be postmarked by Feb. 26th, 2010*

**Make Checks payable to:**

**US Snowshoe Assoc.**

**Agreement, Waiver, Release and Acknowledgements:** I know that running a snowshoe event is a potentially hazardous activity. I should not enter and run unless I am medically able 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 the weather, conditions of the course, all such risks being known and appreciated by me. I for myself and anyone entitled to act on my behalf, waive and release the U.S. Snowshoe Assoc. Inc., Syracuse Convention & Visitor's Bureau, County of Onondaga, Highland Forest Park and all sponsors and event staff from all claims or liabilities arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Legal guardian must sign if participant is under 18 yrs. of age: \_\_\_\_\_