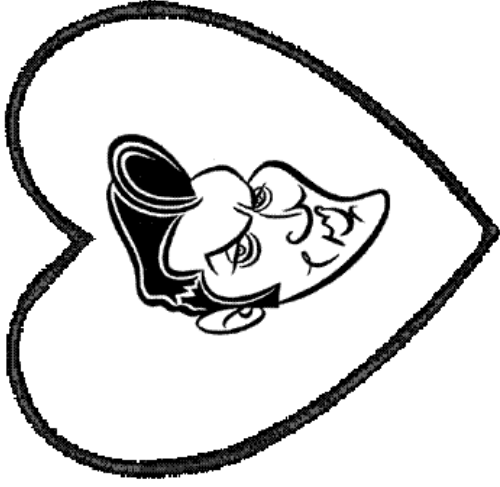


“Love Me Tender” Snowshoe Adventure



**10K, 5K, and 2K
Snowshoe Race
Saturday February 13, 2010
10:00 AM
At Summit High School
Frisco, CO**

**Proceeds Benefit the Denise Oaks-
Moffett Family and SHS Track and Field**

**USSSA National Qualifier 10K and the
CO Youth Snowshoe Championship 5K**

Summit High School Track and Field is excited to host the second annual “Love Me Tender” Snowshoe Adventure 10K/5K/2K Snowshoe Race at Summit High School in Frisco, CO. The 10K is a USSSA National Championship qualifier, the 5K is the Colorado Youth State Championship and a youth USSSA national qualifier, and the 2K will be a noncompetitive walk. 75% of the proceeds will go to the Denise Oaks-Moffett Family and the remaining 25% will go to SHS Track and Field.

- **What: Love Me Tender Snowshoe Adventure 10K/5K/2K**
- **When: 2/13/2010 @ 10:00 AM**
- **Where: Summit High School 16201 CO-HWY 9 Frisco, CO**
- **Directions: take exit 203 (Frisco exit) and head South on CO-HWY 9/Summit Blvd for approximately 4.2 miles. Turn right at Swan Mountain Road/High School Road. Please park in the student parking lot (south lot).**
- **Cost: \$20 for students, \$25 for adults. Race Day Registration: \$25 for students and \$30 for adults.**
- **T-shirts, great snacks, and a fun atmosphere at 9100’!**

Race Waiver Form

I, _____ (name of the participant) know that running a snowshoe race is a potentially hazardous activity. I should not enter and run unless I am physically fit, medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I hereby certify I am in good health, and I have trained to run the distance of the race that I am entering (5K). I assume all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather, including snow and/or wind, conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running event, I, for myself and anyone entitled to act on my behalf, waive and release Summit High School Track and Field, Summit High School, Summit School District, Summit County, directors, agents, volunteers, trainers, officers, all sponsors, their representatives and successors, from all claims or liabilities of any kind 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 or entities named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, videos or any other recording of this event for legitimate purpose. I understand that animals and music devices of any type are **not allowed** in this event and I will abide by this rule. I understand that all entries are final with no refunds. The official race director reserves the right in any event of emergency or local or national disaster to cancel the race or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

Signature of the Participant: _____

(Parent/Guardian signature required if participant is less than 18 years old)

Emergency Contact Information

Name _____

Phone Number _____

Address _____

Relationship to Participant _____

Registration Form

Name: _____

Address: _____

Age: _____

Gender: _____

T-Shirt Size: _____

Signature: _____

*****PLEASE NO PETS*****

Where to register? Register at SHS or register online. To register online send an email to summitrunner3521@yahoo.com with this registration information. An email confirmation will be sent back to you. Pay the pre-register fees and sign the waiver the day of the race.



Awards

- 5K: CO Youth State Championship top three boys and girls
- Top Male and Female 10K
- Top Placers in the 10K Age Groups: 20-29, 30-39, 40-49, 50+
- Best dressed Elvis!
- Sorry, no awards for adults in the 5K and no awards for the 2K

Course Description

2K: A flat walk along the bike path north of SHS that comes back to SHS

5K: a fun course that heads into Iron Springs open space, two fun hills, fast flats, and one aid station

10K: a challenging course in and around the Iron Springs open space, bike path, two aid stations, and fast flats

Denise Oaks-Moffett

Denise Oaks-Moffett was an English teacher at SHS for many years. She passed away this past summer after a long battle with cancer. The Love Me Tender Snowshoe Adventure will donate 75% of the race profits to Denise's two children's scholarship funds.

Race Day Timeline

9:00 AM: SHS Commons open for registration and warm up area. Restrooms and about 20 pairs of non-racing snowshoes available for those of runners that do not have them

9:45 AM: First call for all races

10:00 AM: 2K/5K/10K will all start on the road next to the tennis courts

11:30 AM-12:00 PM: Awards and snacks back in the SHS Commons



ENDURANCE FUELS



USSSA National Qualifier Information

- Submit USSSA membership form before race (located at registration table...Fee is \$30)
- Youth (5K) and adult (10K) may qualify for the national championship
- The national championship race is in Syracuse, NY on 3/6/10

Colorado Youth State Championship

This will be the First Annual Colorado Snowshoe Youth State Championship Race.