



Twin Cities Snowshoe Shuffle

Snowshoe Race/Walk

Saturday February 6, 2010

Long Lake Regional Park, New Brighton MN 55112



Name: _____

Birth Date: _____ Phone: _____-_____-_____

Address: _____

City/State/Zip: _____

Email Address: _____

Circle one: 5K 10K Children's Fun Run

Circle one: Male Female

Circle one: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Shirt Size: Adult: S M L XL XXL

Will you require **snowshoe rental**? (Rentals will be available for a \$5 fee.) **If yes, please circle one:** Adult size Youth size

Determine Your Entry Fee:

Adult Advanced Entry Fee (Rec'd by Jan. 23) \$35

Adult Late Entry Fee (Rec'd after Jan. 23) \$40

High School student \$20

Fun Run Kids under age 18 Free

Snowshoe Rental Adult or Child \$5

Pre-race Spaghetti Dinner Number attending _____ x \$5

Total \$_____

Make check payable to East Side Neighborhood Services.

The entry fee is not refundable.
The event will take place regardless of weather conditions.

Pre-race Spaghetti Dinner at East Side Neighborhood Services Friday February 5, from 5-8 (\$5 fee) for advanced check-in, shoe rental confirmation, goodie bag, registration for USSSA membership (optional) and fun with other racers.

Spaghetti Dinner: Number attending _____

Waiver: I acknowledge that my participation in the Twin Cities Snowshoe Shuffle is voluntary and I assume all responsibility for risks associated with this event and I release East Side Neighborhood Services, and all sponsors of this event from any claims or liabilities. Also, I give permission to event organizers to publish any photograph or video of my participation in order to educate others about subsequent events.

Signature of Adult Participant (or Parent/Guardian if participant is a minor)

Participants under age 18 must be under the supervision of a parent/guardian during the event.

Please print out this form and mail in, with payment, to:

Snowshoe Shuffle, East Side Neighborhood Services, 1700 2nd ST NE, MPLS, MN 55413.

THIS IS A MIDWEST CHAMPIONSHIP SNOWSHOE SERIES EVENT

This is a United States Snowshoe Association regional qualifier event.
You may register as a member of USSSA at the park prior to the event.

Timing by Hangar51

The Twin Cities Snowshoe Shuffle is a regional qualifying race for the US Snowshoe Association national race. The event is also a fundraising event for Camp Bovey. **Camp Bovey** is a summer youth program of **East Side Neighborhood Services**, a non-profit social service agency in Minneapolis. *It is the mission of Camp Bovey to provide a safe place for youth to have fun while participating in outdoor activities that help build respect for themselves, one another and the environment.* Please help us support Camp Bovey and its mission by participating in this event. For more information go to our website at www.esns.org, email us at campbovey@esns.org or call 612-787-4030.

When? Where?

Friday, February 5, 2010

5-8pm Spaghetti Dinner and advanced check-in

At East Side neighborhood Services, 1700 2nd Street NE, Minneapolis, MN 55413:

Saturday, February 6, 2010 – 5k and 10k Race/Walk

At Long Lake Regional Park, 1500 Old Highway 8, New Brighton, MN 55112:

8:00am Check in at the Park

9:30am Registration Closes

10:00am Start Time

11:30am Free Children's Activities

At Tri City American Legion, 400 Old Highway 8 New Brighton, MN 55112:

12 Noon Lunch and silent auction

1:00pm Awards and Prizes

Entry Fee:

\$35 Adult entry received by January 25

\$40 Adult entry received after January 25

\$20 Student

Free Youth under 18 running the Fun Run (all children must be supervised at the event by a parent/guardian)

The entry fee is not refundable. Event will take place regardless of weather conditions.

Contact:

Camp Bovey Office: 612-787-4030, campbovey@esns.org

Mail entries to:

Snowshoe Shuffle, East Side Neighborhood Services, 1700 2nd St NE, Minneapolis MN 55413

Check Payable to:

East Side Neighborhood Services

What's Included?

Snowshoe Shuffle Entry, Lunch, Long-sleeved T-shirt, Prize Drawings, Awards

Awards: given to overall 1st place mens and womens finishers, and 1st, 2nd and 3rd place finishers in each age and gender division: