

Mt. Shasta Snowshoe Race and Demo Day

Sunday, January 30, 2011

Mt. Shasta Nordic Center

Race begins at 10 am

FREE Snowshoe Demos by Atlas Snowshoes, 9am-3pm

All ages, all abilities, beginners welcome!

RACE / WALK REGISTRATION

Registration begins at 9 am, on race day

Registration: \$15 for adults, \$5 for juniors, and free for kids under 7

COURSE

5 K – Race or Walk - gradual hill, winding up through the forest, great vistas, 1.5K loop at the top then back down. The course is a mix of wide groomed Nordic trail and off-piste.

10 K – Race* - two loops of the 5 K course

Almost 1K – kids race (plus a little pup loop)

**This is an official qualifier for the 2011 U. S. Snowshoe Association National Championship Race, March 2011*

EQUIPMENT

Snowshoe demos will be available on a first-come, first-serve basis, courtesy of Atlas Snowshoes. Snowshoes are also available to rent from the Mt. Shasta Nordic Center.

ABOUT THE MT SHASTA NORDIC CENTER

The Mt. Shasta Nordic Center is operated by Mt. Shasta Nordic, a 501(c)(3) non-profit, under a special use permit from the USFS. In order to keep the Mt. Shasta Nordic Center in operation, Mt. Shasta Nordic needs to raise \$30,000 by April 2011 to purchase a Snow Cat Groomer. Please come out and support your community winter trail network!

DIRECTIONS TO THE MT SHASTA NORDIC CENTER

The Mount Shasta Nordic Center is located about 10 miles off of Interstate 5 near Mount Shasta City. From Interstate 5, exit onto Highway 89 South which is marked as the exit to McCloud. After 6.5 miles on Highway 89, turn left (north) on Ski Park Hwy. After 3.5 miles look for the Mt. Shasta Nordic Center parking lot on the left (one mile before the Mt. Shasta Ski Park).

MORE INFORMATION

Call (530)859-9168 or email info@mtshastanordic.org, or go to www.mtshastanordic.org