

18th Annual Jingle Bell (5 & 10 Km) Snowshoe Race

hosted by the
Paul Smith's College Striders
on the PSC VIC trails.

**Saturday, December 10th
11 AM**

The Paul Smith's College Striders are hosting the 17th Annual 5 & 10-kilometer Jingle Bell snowshoe race to give area runners the opportunity to challenge themselves on this early season snowshoe race, and this year is a USSSA National qualifier for the first time.

Registration/Entry Fee:

9:00 – 10:30 AM VIC Lobby, just off SR 30, 1 mile north of the College. Please mail completed entry form to: PSC Striders, Paul Smith's College, Paul Smiths, NY 12970.
Fax: (518) 327-6545.

To cover expenses \$15 in US funds;
\$20 race day.

Children: \$2 entry fee. (14 and under)

Course: The cross-country snowshoe race will start/finish to the rear entrance to the VIC, utilizing the trail system much as in most years. Both routes will include the Heron Marsh Trail and the undulating 5,075' Silviculture trail. The first and last

mile are essentially the same (for the 5K), as this is an out and back course. The Jingle Bell 10K course will meander adjacent to a series of ponds and wetlands, and can be described as moderately hilly. The trails will be packed (if needed) and well-marked.

Refreshments and Facilities:

Assorted refreshments will be available before and after the event. There will be plenty of room to adequately stretch out prior to the race. Locker rooms (please bring your own lock) and showers are available. The swimming pool (1 – 3 PM) is available for participants (included in registration fee) following the event at PSC.

**An absence of snow will result
in a 5 km foot race, using the same
woodland trail system.**

Hypothermia and frostbite are two real dangers possibly facing participants in the Jingle Bell Snowshoe Race. Organizers reserve the right to terminate an athlete's participation if the athlete appears to be suffering from exposure to the cold with either hypothermia or frostbite.

(Read carefully before signing)
By signing this waiver I hereby release the organizers, sponsors, officials, and landowners of any and all liability arising from my injury or death or loss of property during this competition which is an action sport posing significant risk.

Name: _____

Address: _____

Phone: _____

Cell: _____

E-Mail: _____

Age (on race day): _____

Male: _____; Female: _____

Paid: \$15.00 (pre-paid)/\$20.00 (race day)

Signature: _____

ESSRA Member: Y N

Children: (14 and under) \$2 entry fee

Tshirts to the first 40 registered athletes.

Size: XS S M Lg

Children's .8 K Cross Country

In conjunction with the 5K event, the Striders will coordinate a .8K snowshoe race for children age 14 and under. This will enable families to participate in the Jingle Bell together. It should be noted that the children's course as well as the 5K course are "in the woods," and it might be beneficial to have an adult accompany them along the route.

Children may choose to "move up" to the 5K event.

Snowshoes: Minimum size 120 sq. in. A limited number of snowshoes may be available through the Paul Smith's College Striders at the race site for \$5 rental. Please make prior arrangements to ensure that a pair is set aside for you to rent. Please be aware that with the success of the college's XC program, we expect approximately 25 college runners to enter this event.

Awards: Awards to the top three male and female finishers in the following age groups: Children's .8 K: 5 and under, 6 - 9, 10 - 12 and 13-14.
5K age groups: 14 and under, 15-19; 20+ (please be aware that to qualify for the USSSA nationals, an athlete age 20+ must compete in the 10K event.)
10K Age Groups: 20-29, 30 - 39, 40 - 49, 50 - 59; and 60+.

Information: Please call/email Jim Tucker - Race Director, regarding snow conditions, as this is an early season race. Work: (518) 327-6286; cell: (518) 651-7123. E-mail: jtucker@paulsmiths.edu

United States Snowshoe Association:
The 2011 Jingle Bell Snowshoe Race is a US National Qualifier, providing an opportunity for event finishers to potentially qualify for US Nationals, being held in Frisco, CO on February 25th. Membership applications into the US Snowshoe Association can be found at:

<http://www.snowshoeracing.com/documents/2011/USSSAMembershipForm2011.pdf>

The ESSRA membership application and complete New York State snowshoe race calendar can be found at the ESSRA website:

<http://www.empirestatesnowshoe.org/>



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