



“I Love Winona” SNOWSHOE RACE



Empire State Snowshoe Championship

February 19, 2012

There are two distances offered

5km – Citizen’s event suitable for any ability level

10 km Championship Race

Something will be given away to first 70 participants

(Yet to be determined)

DATE / TIME: SATURDAY, February 19, **11:30 A.M.** for 5km event. **1:00 P.M.** for 10km race

START/FINISH: CCC Camp, County Route 90, Mannsville, NY

REGISTRATION: 10:00 A.M. until 15 minutes before race time

COURSE: Beautiful wooded forest trails. Mixture of groomed trail, single track packed, and virgin snow single track

REQUIREMENTS: MINIMUM SNOWSHOE SIZE = 120 SQUARE INCH SURFACE.

AID STATIONS: NONE. Come prepared; bring a water bottle if you need one.

ENTRY FEE: 10KM Race: \$20 all ages 5km Event: \$20 or \$10 for under 16

AWARDS: NONE, You are all winners today. Results will be posted by finish place on board near finish line.

DIRECTIONS: Take Rt. I-81 to exit 39, which is the Mannsville Exit. Head East on County Route 90 to stop sign in Mannsville. Go through stop, and continue on East 90 for total of 6 miles.

LOANER SHOES: I will have 15 pairs of DION racing snowshoes available. To reserve a pair, e-mail me at snowshoerace@gmail.com. Do not wait until the last minute; reserved your snowshoes early.

SPONSORED BY: Dion Snowshoes, ESSRA, Winona Forest Recreation Association, and Hammer Supplements

REFRESHMENTS: Delicious food for participants on site, no cost. Grilled hot dogs, and a crock of something yummy.

RACE DIRECTOR: Matt Westerlund Email: snowshoerace@gmail.com

FACILITIES: There is a warm building for registration, and a cold outhouse at the parking area

DISCLAIMER:

This is a first class snowshoe race course, true to the sport of snowshoe racing. 5km course is not too difficult, 1 good hill. The 10km distance, on the other hand, was carefully designed to be the most difficult course I could possibly create in Winona Forest. The course will be extremely well marked. There will be some virgin single track, and steep climbs (or crawls). Single track and groomed trails otherwise. Possible obstacles may include: deep snow, bitterly cold temperatures, logs, boulders, open water, downed trees, steep up and down hills, snowmobilers, skiers, and wild animals. Winter in Tug Hill is unpredictable, so be prepared for any winter condition. Please participate with clear expectations that this event will be an adventure. Embrace the challenge! Come to enjoy the day with fellow ‘shoers, in a beautiful forest. Support the trail systems you are on and please become a member of Winona Forest Recreation Association. Future events are dependent on your membership.

For additional information about snowshoe racing in NY, go to

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

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ENDURANCE SUPPLEMENTS