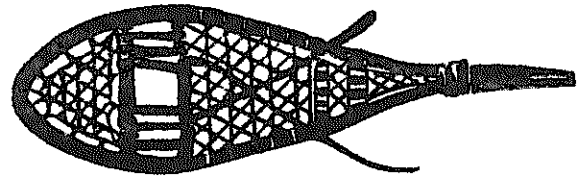


Highland Forest Snowshoe Run and Walk, February 12, 2012



5 and 10k Race and Walk on wooded park trails

Dion Snowshoe Empire State Snowshoe Racing Series – this race also serves as a qualifier for US Snowshoe Assoc. Nationals in Frisco, Colorado

Date/Time; Sunday, February 12 @ 10am

Start; Highland Park Skyline Lodge

Registration; Form can be downloaded online from Bike Loft website; www.bikeloft.com, mailed in, or faxed to 315-655-4784

Course; Wooded Forest Trails, single track, groomed and ungroomed trails

Requirements; Minimum snowshoe size = 120 square inch surface, to qualify for Nationals you must be a USSSA Member prior to the race – join at www.snowshoeracing.com

Aid Stations; Water at start and finish

Entry; In advance, \$15 until Jan 15, afterwards, \$20,, day of event \$25 – parking fee - \$1 at entry area

Directions; from Thruway, got to Rt. 81 south, exit at Tully and head east on Rt 80 for 8 miles to Highland Forest County Park

Loaner Shoes; racing snowshoes available at Bike Loft East and Highland Park also has snowshoes for rent

Sponsored; Bike Loft East – packet pickup Sat and rentals available at Bike Loft East in Tops Plaza, Manlius – 315-692-4812

Refreshments; Available at Skyline Lodge

Race Director; Chary Griffin, email chary@charygriffin.com

Facilities; Spacious newly constructed Skyline Lodge with fireplace, Refreshments, rentals, horse drawn sleigh rides, and sledding hill

Awards; Door prizes, Series Points, finisher medallions to first 50 finishers, Overall prizes

Mail or Fax Entries to Chary Griffin, 4704 E. Lake Rd, Cazenovia, NY Fax-315-655-4784

Name _____ Age _____ Gender _____

Address _____

City _____ State _____ Zip _____

Email _____

