

Sourdough Trail Snowshoe Race

Racers will rendezvous at the Nederland Community Center for registration and race number pick-up and move to the race start to jump out of the cars and begin racing. The race will begin at the south parking lot of the Sourdough Trail near the CU Research Center. Racers will head north to the aid station at the Brainard Lake Rd. There, 11.4 mile racers will check-in at the aid station and turn around and go back the way they came while 30K snowshoe racers will continue across the road and do a lollipop style out and back. This is intended to be a difficult and fun event; any and all plans can change due to conditions for runner's safety. Snowshoes will be required unless race officials decide that shoes with traction will be permitted due to trail conditions (this will be decided on race day). All Racers are required to carry 20 ounces of liquid and 600 calories of nutrition.

Name: _____

Sex: (Circle one) M F

Address: _____ City: _____ State: _____
Zip: _____

Phone Number: _____ E-mail address: _____

Emergency contact and phone number: _____

Race entry is free but donations are accepted.

Race Distance (Circle one): 11 Mile 30K

A physical examination is not required to run the Sourdough Trail Snowshoe Race but all competitors compete at their own risk. I understand that it is recommended that if I am in doubt as to my physical condition to engage in an event as strenuous as a snowshoe race, I will seek the advice of a competent physician and abide by his/her advice. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants or animals, the effects of the weather including high heat and/or humidity, and the condition of the trail, as such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of Sourdough Snowshoe Race accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Sourdough Snowshoe Race and its organizers, the local city, the governmental bodies, all sponsors, their representatives and successors from claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, and recordings of me, or any other record of this event, for any legitimate purpose. All persons under 18 must have a written consent of a parent or legal guardian.

Signature: _____ Date: _____

Please fill out registration form and send to:

Kevin Lund, 11710 W. Atlantic Ave. Lakewood, CO 80228

Or bring signed on race day to Nederland Community Center at 750 Highway 72, Nederland, CO