

2019



U.S. National Snowshoe Championships



Photo Courtesy of Meghan Morgan-Puglisi Photography



LOCATION:

Lakewoods Resort,
21540 County Rd. M,
Cable, WI 54821. Call
715-794-2561 or Toll
Free at 800-255-5937
www.lakewoodsresort.com.
Local Race Director:
PC Rasmussen



The USSSA is pleased to have the Fine Designs team on site in 2019 to accommodate all your event apparel needs.

REGISTRATION

Pre-register by using online registration with RunReg.com or by filling out entry form and mailing it in with your entry fees to: Mark Elmore, USSSA Sports Director, 5317 Thistlebrook Ct., Raleigh, NC 27610. To register online go to www.2019USSnowshoeChampionships.com or www.snowshoeracing.com. Or, register race weekend at race site. Friday March 8th @ 10am, Saturday March 9th @ 7:30am or Sunday March 10th @ 7:30am.



PERFORMANCE
MEDICINE



AWARDS

- Each event registrant will receive a registration gift. Ten National Champions will receive championship trophies. In the 5km/10km events, top 3 men and women in each age group win medals. Juniors are divided into 2 age groups; 14 & younger and 15-19, age as of 12/31/19. Senior athletes (age as of 12/31/19) age groups are; 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+. The top 5 Senior and the top 3 Master men and women in the 10km event and the top 3 Junior boys and girls in the 5km event will make the 2019 U.S. National Snowshoe Team. Top 5-10 international men and women earn awards. Top 5 All-Military finishers earn medals. In Sunday's Half Marathon and marathon national champ., overall male and female winners receive Natl. Championship trophies. Top 3 finishers in Junior (Under 20), Open (20-39), Masters (40-49), Veterans (50-59), Seniors (60-69) and Super Seniors (70+) age groups win medals.

EVENTS

Friday March 8th, 2019:

10:00am Reg./Check-In at Lakewoods Resort in Cable, WI.
12:00pm Course Preview at Lakewoods Resort.
5:00pm Athletes Reception at Lakewoods Resort.

Saturday March 9th, 2019:

7:30am Check-in & Registration at Lakewoods Resort.
9:00am Kid's Kilo Snowshoe Run/Walk
9:15am 5km Jr. Men's & Women's National Champ. AND Citizen's 5km Run/Walk events.
10:30am 10km Sr. Women's National Champ.
11:15am Kid's Kilo & Citizen's Awards Ceremony
12:00pm 10km Sr. Men's National Championship
4:00pm NC Awards Ceremony at Lakewoods Resort.
6:00pm After Party at Lakewoods Resort.

Sunday March 10th, 2019:

6:00am Check-In & Registration for Full Marathon.
7:00am Start of Full Snowshoe Marathon NC event.
7:30am Check-In & Reg. for Relay & HM NC events.
9:00am Start of Half Marathon Natl. Champ. event
9:15am Start of 4 x 2.5km Snowshoe Team Relay
11:00am Relay Awards Ceremony
1:00pm Half Marathon Awards Ceremony
3:00pm Marathon Awards Ceremony
4:30pm Championship After Party at Lakewoods Resort.

INFORMATION - Qualifying for these events is NO LONGER REQUIRED.

Only current USSSA FULL Membership is needed to be eligible for the National Championship events. USSSA membership IS NOT required for Kid's Kilo, Snowshoe Team Relay and Citizen's 5km Run/Walk events. Contact: Local Event Director Or, USSSA Sports Director: Mark Elmore at 518-420-6961, ussasnowshoeguy@gmail.com. Or you can visit either www.2019USSnowshoeChampionships.com or www.snowshoeracing.com or www.lakewoodsresort.com.



Michelle Hummel of New Mexico vaults into the lead on her way to claiming for first WSSF World Snowshoe Championship title in Spain 2018. Photo by Javier Gallo



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ENTRY FORM

Saturday March 9th, 2019:

- 9:00am Kid's Kilo Event
- 9:15am Jr. Men's & Women's 5km Natl. Championship & Citizen's 5km Run/Walk event - wave start.
- 10:30am Senior Women's 10km Natl. Champ.
- 11:15am Kid's Kilo & Citizen's Awards Ceremony at Lakewoods Resort.
- 12:00pm Senior Men's 10km Natl. Champ.
- 4:00pm Awards Ceremony at Lakewoods Resort.
- 6:00pm After Party at Lakewoods Resort.

Sunday March 10th, 2019:

- 7:00am Start of Snowshoe Marathon NC
- 9:00am Start of Snowshoe Half Marathon NC event.
- 9:15am 4 x 2.5km Snowshoe Team Relay
- 11:00am Relay Awards Ceremony
- 1:00pm Half Marathon Awards Ceremony
- 3:00pm Marathon Awards Ceremony
- 4:30pm Championship After-Party at Lakewoods Res.

Entry Fees:

1 Champ. Event (Jr. 5k, or Sr. 10k, HM or Mara.)	\$40.00
ADD a second NC event for only	\$10.00
Kid's Kilo	\$5.00
5km Citizen's Snowshoe Run/Walk	\$30.00
4 x 2.5km Snowshoe Team Relay	\$40.00/Team

All event registrants will receive a registration gift, entry into prize raffles, entry to Friday night Reception, entry to all after parties & race entry.

NOTE: Entry fees increase for "Day-Of" registration.

2019 Dion Snowshoes Natl Snowshoe Champs. Entry Form (This form may be duplicated)

Name: _____ Home Phone: _____ Male Female
 Address: _____ City: _____ State: _____ Zip Code: _____
 E-mail Address: _____ DOB: ___/___/___ Age as of 12/31/19: _____
 Registration for; Jr. 5km National Champ., Sr. 10km National Champ., Kid's Kilo,
 5km Citizen's Snowshoe Run/Walk, Half Marathon National Champ., Marathon National Champ. or
 4 x 2.5km. Snowshoe Team Relay.

Mail Entry Form with Entry Fees to:

Must be postmarked by Feb. 26th, 2019

Make checks payable to:

The United States Snowshoe Assoc.

Mail Entry Fees & Form to:

*Mark Elmore, USSSA Sports Director,
 5317 Thistlebrook Ct., Raleigh, NC 27610.*

Agreement, Waiver, Release and Acknowledgements: I know that running a snowshoe event is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, altitude, conditions of the course, all such risks being known and appreciated by me. I for myself and anyone entitled to act on my behalf, waive and release the U.S. Snowshoe Assoc. Inc., Lakewoods Resort and all sponsors and event staff from all claims or liabilities arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
 Legal guardian must sign if participant is under 18 yrs. of age: _____