

The Navarino Snowshoe Adventure February 28, 2009

Purpose

Proceeds from this race support environmental education programs at the Navarino Nature Center (NNC). The race also supports local and organic farmers through food purchases for the post race lunch.

Location

All events take place at the Navarino Nature Center, W5646 Lindsten Rd, Shiocton, WI 54170.

Event Schedule

- 10:00 AM..... 2.5 & 5.0 Mile Races
- 10:05 AM..... 3 Mile Interpretive Tour
- 11:30 AM..... Kid's 800 Meter Race

Course Descriptions

The 2.5 mile and 5.0 mile race courses are 75% groomed trail through oak and pine forest and 25% packed single track trail through bog and forest with some rolling hills. The 3 mile interpretive tour explores unique sites within the wildlife refuge. The 800 meter course is a flat groomed trail through tall grass prairie.

Maps & Race Info:

www.greatlakesendurance.com

Post Race Lunch!

All snowshoers will be treated to a organic foods post race lunch.

Menu: Organic Bean Chili, Hearty whole grain rolls, Oatmeal-Cranberry cookies, Hot Apple Cider, Organic locally roasted coffee.

Location: Navarino Nature Center

Time: 11:30 AM - 1:00 PM.

Cost: Free to snowshoers. Guest tickets are \$10. Tickets for kids ages 10 & under - \$6.

Race Fees

Race fees include gourmet local & organic foods lunch. Extra lunch tickets are \$10 each and can be ordered on the entry form or purchased on race day.

Event	Before February 28	Race Day
2.5 Mile Race	\$20	\$25
5.0 Mile Race	\$25	\$30
3 Mile Tour	\$15	\$20
Kid's 800 M Race	\$10	\$15

No refunds or transfers. Once you are registered your entry fee is not refundable nor can you transfer your entry to another snowshoer. \$25 charge for cancelled and NSF checks.

Registration & Packet Pick Up

Early registration is encouraged to help us plan for food & supplies; however participants may still register Saturday morning from 8:30 - 9:45 AM at the Navarino Nature Center. Pre-registered participants may also pick up their race materials at this time. Snowshoe rentals available at the Navarino Nature Center (Payable on event day).

Snowshoe Rental Fees

	Kids	Adult
Lightweight Modern (Red Feather)	\$2.50	\$5.00
Traditional Wood (Iverson's)		\$5.00

Award Groups

2.5 & 5.0 Mile: 15 & Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

800 M Kid's Race: Under 8, 9-10, 11-12, 13-14

Awards

2.5 Mile (Top 3 Age Group)	Local Honey
5.0 Mile (Top 3 Age Group)	Local Maple Syrup
Kid's Race (Top 3 Age Group)	Smartwool Socks

2009 Navarino Snowshoe Adventure Entry Form

Name: _____ Phone: _____

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

Email: _____ Age on Race Day: _____ Gender: F M

Events (Circle): Relay 2.5 Mile 5.0 Mile 3 Mile Tour Kid's 800 Meter

Extra Lunch Tickets: _____ Navarino Nature Center Donation _____ Total Amount: _____

Make Checks Payable To: NAVARINO SNOWSHOE Mail to: Navarino Snowshoe, 28 West St, Clintonville, WI 54929

Waiver: I know that snowshoeing is a potentially hazardous activity. I agree not to enter unless I am medically able and properly trained to run the full distance of the race I have entered. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with snowshoeing in this event including, but not limited to: falls, the effects of weather including cold, all forms of precipitation, the condition of the trail, and contact with other participants, all such risks being known and appreciated by me. Having read this waiver, and knowing the facts, and in consideration of you accepting my entry, I, for myself and anyone on my behalf, waive and release the Navarino Nature Center and it's employees and volunteers, the Navarino Wildlife Refuge, the Wisconsin DNR, owners of all land which the trails travels through, Great Lakes Endurance, LLC and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signed: _____ Date: _____

Parent Signature (If Under 18): _____ Date: _____