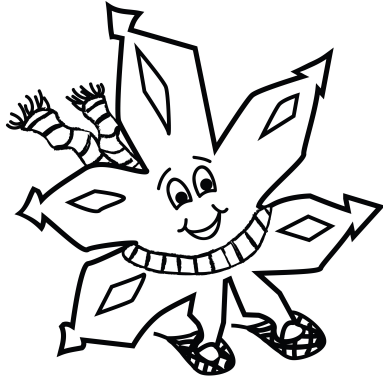


Phillips Flurry Snowshoe 5k & 10k Run/Walk



Date: Saturday, January 22, 2011

Registration: 8:00 – 9:30 A.M.

Race Start: 10:00 A.M. (5k & 10k Race)

Entry Fees:

\$19.00 Pre-register (postmarked by 1/12/11)

\$24.00 After 1/12/11, including Race Day

\$ 4.00 Children ages 9 & under (no t-shirt; only participation award)

*Families of 4 or more, including parents and children, who submit all registration forms together, receive a \$2.00 discount per participant

Sponsored by:



**Marshfield
Clinic**

Awards: In each event, custom trophies to the overall male & female finishers and medals to the top three males & females in the following age groups: 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+. Also, all children ages 9 and under will receive a special participation award!

Course: Both courses consist of groomed ski trails and packed single track on the rolling terrain through the beautiful school forest and feature a few large hills.

Perks: Long sleeve t-shirts guaranteed only for those who preregister. Extra shirts will be available on a first come-first serve basis. Door prizes including skis & snowshoes will be drawn for those in attendance at awards ceremony. Refreshments will be available for purchase.

Location: The race, registration & post race activities (including awards, chili feed, bake sale, etc) will be held at the Phillips School Forest. From Highway 13, go East on County Hwy H 3.5 miles; turn South on Big Elk Road for ½ mile; when the road splits, stay right on Worcester Road and follow the signs to the entrance.

Series: The race is part of the "Braveheart Snowshoe Running Series" which culminates at the 2011 USSSA National Snowshoe Championships that will be held near Cable, Wisconsin. For more information see cutemoose.net or uppermidwesttrailrunners.com.

Contact Information: Ron and Chris Kendziera; c/o The Crazy Loon, 125 North Lake Avenue, Phillips, WI 54555

Website: www.thecrazyloon.com

Email: tcloon@pctcnet.net Phone: (715) 339-6254

Make checks payable to "Flambeau Nordic Ski Club"

Mail Registration to Flambeau Nordic Ski Club, c/o The Crazy Loon, 125 North Lake Avenue, Phillips, WI 54555

First Name: _____ Last Name _____ Gender (circle): Male Female

Address: _____ City: _____ State: _____ Zip _____

Phone: _____ Email: _____

Birthdate: ____/____/____ Age on Race Day: _____

Race Distance (circle): 5k 10k T-shirt Size (circle): S M L XL

Waiver: On behalf of myself, heirs, executors and administrators, I hereby waive, release and dismiss all claims from damages and personal injury of which I may incur before, during or after the Phillips Flurry, and against any and all race officials, sponsors and volunteers involved. I also hold harmless the Town of Worcester and the School District of Phillips. I further certify that I am physically fit to participate in the Phillips Flurry.

Signature of Participant (Parent/Guardian if under age 18)

Date

Proceeds benefit the Phillips High School Cross Country teams and the Phillips School Forest – Thanks for your support!