



Bigfoot Snowshoe Race

5K & 10K

Timber Ridge Nordic Center

01.19.13

Saturday, January 19, 2013 • 9:00 AM • Timber Ridge Nordic Center • Traverse City, MI

Winter road trip to Traverse City! Late registration takes place around a roaring fire at the beautiful Timber Ridge Resort Lodge. The pre-race mood is just fun. Usual crowd about 275 enter and 100 rent snowshoes, probably their first time on them, so no excuse, come join us. The learning curve is zero, strap em' on and run. The course is a super hilly off trail run with plenty of logs to jump and branches to duck, like a leg of DWD.

Awards: 5 deep in 5 year age groups

Packet pick-up: Friday, January 18, from 2pm - 8pm at Running Fit Downtown- 300 E. Front Street (corner of Park and Front), or Race Day from 7:30am - 8:30am at Timber Ridge Nordic Center- 4360 Hammond Road (Hammond at 6-Mile, SE of town).

For you fast people: To qualify for the National USSSA event you must become a USSSA member. Join online at www.snowshoeracing.com. Top 10 men and women USSSA member finishers in each age group qualify to participate in the USSSA National Championships.



FOR MORE INFO EMAIL events@runningfit.com, OR CALL 231.932.5401 Online Registration Available at www.runsnow.com

Enter online at www.runsnow.com or use this form:

Please check! 5K 10K Male Female Age 1/19/13 _____

First _____ Last _____

Address _____ City/ST/Zip _____

Email _____ Phone _____

5K & 10K \$20 before Noon 1/17/13 \$25 race weekend (Fri. & Sat.) \$2 discount for USSSA members

I need to rent snowshoes: \$20 (Rental fee can be used toward a purchase of snowshoes from Running Fit on Jan 18, 19 or 20, 2013)

Cotton Long-Sleeve T-Shirt: \$12 before 1/17/13 \$15 race weekend (Fri. & Sat.) **Circle T-shirt size:** S M L XL

Total Amount Enclosed \$ _____ Credit Card _____ Exp _____

or, mail check payable to "Running Fit". Return or mail form to: 5700 Jackson Rd, Ann Arbor, MI 48103

Mail in entries need to be received by January 9, 2013

Waiver and Release of Liability I know the Bigfoot race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with the event, including (but not limited to) falls, contact with other participants, the effects of the weather, lightning, traffic, and the conditions on the road and trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry in this event, I, for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against Running Fit, Inc., Timber Ridge Campground, and all volunteers or people involved from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise from negligence or carelessness on the part of the persons named in this waiver.



I have read and I accept the terms of the waiver on this page _____ Date _____

Parent or Guardian signature if under 18 _____ Date _____