



LAKE TAHOE'S "FRESH TRACKS"

THE ERIC NAGEOTTE MEMORIAL 5K SNOWSHOE RACE/WALK

benefiting Heavenly Freestyle Ski Team



Presented by the
Tahoe Mountain Milers & Sagebrush Stompers Running Clubs
A Road Runners Club of America Sanctioned Event



Date: Sunday, February 28, 2010

Time: 10 a.m. Sharp!

Location: Historic Camp Richardson Resort

Directions: From Sacramento: Take Highway 50 east to South Lake Tahoe. At the junction of Highway 50 & 89, take Highway 89 north 2.5 miles to Camp Richardson.

From Reno: Take Highway 395 south to Carson City, Then take Highway 50 west to South Lake Tahoe. At the junction of Hwy 50 & 89, take Highway 89 north 2.5 miles to Camp Richardson.

Age Categories: 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over

Awards: Unique awards three deep in each division

Course Description: Machine groomed track through forested terrain and mountain meadows.
 Mostly flat but some short, moderate climbs.

On-Line Registration: Race360.com

Mail Registration to: Tahoe Mountain Milers Checks payable to: Tahoe Mountain Milers
 P.O. Box 14456
 South Lake Tahoe, CA 96151



Race Day Registration: 8:30 AM - 9:50 am at Camp Richardson Resort Trading Company, next to the Mountain Sports Center.

Entry Fee: **Early Pre-Registration \$30 before February 14; Late Pre-Registration \$35 February 14-24, Race Day \$40**

Club Members: \$5 discount for Tahoe Mountain Milers and Sagebrush Stompers with early pre-registration.

Family (3 or more): \$5 discount per person on early pre-registration only

Youth Track/Cross Country \$10 (will not receive event swag nor club or family discount)

Entry Covers: Special race memento, post-race refreshments, continued day-use of groomed Camp Richardson trails

Primary Sponsors: Historic Camp Richardson Resort (camprich.com) 530-542-6584

Facchino Photography (capturethemoment.net) 916-783-8590

Familiarization Walk: For those who just want the chance to try snowshoeing but don't want to race.

Information: Ron & Carol Nageotte - Race Directors

Tahoe Mountain Milers Running Club

(775)588-2864

Email: tahoecarol@charter.net

Website: <http://www.tahoemtnmilers.org/>

Demo Snowshoes: There will be a limited number (approximately 30 pair) of snowshoes available to use during the race. Please call or email early to reserve, as there is no guarantee that snowshoes will be available on race day without reservation.

First Name						MI	Last Name											
Date of Birth (MM-DD-YY)						Age	Sex	Mailing Address										
- -							M	F										
Zip or Postal Code						City						State						
-																		
Phone Number						Email Address (Please print clearly)												
-																		
Reserve Snowshoes?		Event Distance				Event Info Only:				Check #		Amount		Bib #				
YES		<input type="checkbox"/> 5K Run <input type="checkbox"/> Familiarization Walk																
\$5 Discount (Early Pre-Registration Only): <input type="checkbox"/> TAHOE MOUNTAIN MILERS <input type="checkbox"/> SAGEBRUSH STOMPERS <input type="checkbox"/> FAMILY (3 OR MORE FULL-FEE ENTRIES)																		
\$10 Youth Track/Cross-Country member: <input type="checkbox"/> _____ (PLEASE PRINT TRACK/CROSS-COUNTRY TEAM NAME)																		

Signature: _____ Date: _____

ALL ENTRANTS MUST SIGN WAIVER (PARENT/GUARDIAN IF UNDER 18)

Waiver: I know that snowshoeing is an action sport carrying risk of serious injury, death or property damage. I also know that there are natural, mechanical, and environmental conditions and risks, which independently or in combination with my activities may cause property damage or severe or even fatal injuries to me or others. In consideration of accepting this entry into this event, I the above-signed, do hereby for myself, my executors and administrator, waive and release any and all rights and claims for damages I may have or acquire against any beneficiaries, organizers, sponsors, advertisers, employees and Federal, State and local governments or private parties on whose property this event may be run, or any and all injuries suffered by the participant due to participation in the event.