

THE ERIC NAGEOTTE MEMORIAL 5K SNOWSHOE RACE/WALK LAKE TAHOE'S "FRESH TRACKS"



benefiting
Metastatic Breast Cancer
Presented by the



Tahoe Mountain Milers Running Club
A Road Runners Club of America Sanctioned Event

Date: Sunday, February 23, 2020

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, 60-69, 70-79, 80-89+

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: www.tahoemtnmilers.org

Mail Registration to: Tahoe Mountain Milers Checks payable to: Tahoe Mountain Milers
P.O. Box 1483
Carson City, NV 89702-1483

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

Entry Fee: Early Pre-Registration \$25 before February 8; \$30 From Feb. 9-20; Race Day \$35

Family (3 or more): \$5 discount per person on early pre-registration only by mail (Download PDF from website) \$30 on race day.

Youth/Track/Cross Country: \$10 (will not receive event swag or family discount)

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

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

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/> In case of no snow....see website.

Demo Snowshoes: There will be about 30 pairs of Crescent Moon 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								<i>Event Info Only:</i>				Check #		Amount		Bib #					
YES		<input type="checkbox"/> 5K Run <input type="checkbox"/> Familiarization Walk																					
\$5 Discount <input type="checkbox"/> FAMILY (3 OR MORE Postmarked by 2/15. Download PDF from website. \$30 on Race Day)																							
\$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.