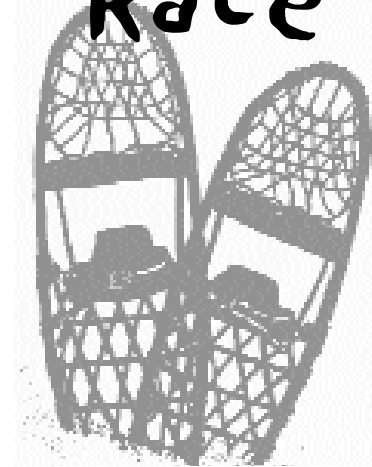




Beaver Lake
Nature Center's
&
Eastern Mountain
Sports'
4th Annual

Snowshoe Race



5K Snowshoe Race

Saturday
January 30th, 2010
10 AM

Snowless date: February 13th

Times

Saturday – January 30, 2010

8:00 – 9:45 a.m. Registration
9:45 Post entry closes
10 a.m. 5K Run

Entries

Make check or money order payable to:
Friends of Beaver Lake, Inc.

Send to:
Snowshoe Jaunt
c/o Friends of Beaver Lake, Inc.
8477 East Mud Lake Road
Baldwinsville, NY 13027

Entry Fees

5K – \$17.00 (all ages)
The first 50 entrants will receive t-shirts.
A limited number of snowshoes are available to rent
for an additional \$5.

All proceeds will benefit Beaver Lake Nature Center.
A portion of your fee is tax deductible.

Snowshoe Run Course

The course consists of open fields and wooded area.
The terrain is mainly level, with a slight grade in some
areas.



Entry Form (please print)

Name (last) _____ (first) _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Sex: Male ___ Female ___ Age (race day): _____

Date of Birth: _____

T-Shirt: (circle) S M L XL (no guarantee on sizes)

Please check the box if you will need snowshoes
(add \$5 to the registration fee)

Consent and Release (must be signed and dated)

I know that snowshoeing a trail run is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, and trail conditions, all such risks being known to me and appreciated by me. In consideration of acceptance of my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and I unconditionally waive and release and discharge Onondaga County, event officials, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting for or on their behalf, from any claim or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event, whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. I also agree that photographs taken of me are the property of the Friends of Beaver Lake, Inc. I am of legal age and understand the consent and release. If I am a minor, my parents or legal guardian's signature is required.

Participant's Signature _____

Date _____

Guardian's Signature (if under 18) _____

Date _____