

# The Stone Wall 5K

## SNOWSHOE Walk/Run

### Winona Forest, NY

Event generously supported by



## January 19, 2014

**All finishers will receive a "Stone Wall 5K" Pint Glass**

**3.1 ish miles of single track and groomed trail through the beautiful Winona Forest**

**DATE / TIME:** SUNDAY, January 19, 10:30 A.M.

**START/FINISH:** CCC Camp, County Route 90, Mannsville, NY

**REGISTRATION:** 9:30 A.M. -10:15 A.M.

**COURSE:** Beautiful wooded forest trails. Mixture of groomed trail, single track packed, and virgin snow single track

**REQUIREMENTS:** MINIMUM SNOWSHOE SIZE = 120 SQUARE INCH SURFACE.

**AID STATIONS:** NONE. Come prepared; bring a water bottle if you need one.

**ENTRY:** \$20 REGISTRATION, \$10 for high school students. For families > 2, please e-mail me for better price

**DIRECTIONS:** Take Rt. I-81 to exit 39, which is the Mannsville Exit. Head East on County Route 90 to stop sign in Mannsville. Go through stop, and continue on East 90 for total of 6 miles.

**LOANER SHOES:** I will have 15 pairs of DION racing snowshoes available for \$5. Contact [snowshoerace@gmail.com](mailto:snowshoerace@gmail.com) to reserve loaners.

**REFRESHMENTS:** Grilled hot dogs, warm soup, chips, soda, sweets, etc. to purchase. BYO adult beverage of choice – if desired

**RACE DIRECTOR:** Matt Westerlund Email: [snowshoerace@gmail.com](mailto:snowshoerace@gmail.com)

**FACILITIES:** There is a warm building for registration, and a cold outhouse at the parking area

**AWARDS:** Top 3 male and top 3 female recognized. All finishers get a commemorative pint glass

**DISCLAIMER:**

The Stonewall 5k follows a well-marked course that is true to the sport of snowshoe racing. The course is designed so anyone can participate, regardless of your ability levels. Winter conditions are unpredictable! Possible obstacles may include: deep snow, bitterly cold temperatures, blizzard-like conditions, logs to jump, limbs to duck, wet conditions, water holes, downed trees, steep up and down hills, snowmobilers, skiers, and wild animals. We do not cancel snowshoe races due to winter weather. Participate with clear expectations that this event could be an adventure. Prepare for anything. Please come to enjoy the day with fellow 'shoers, in a beautiful forest. Support the trail systems you are on and become a member of [Winona Forest Recreation Association](#). Without them, we could not have this event.

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This is a Pre-Registration Form. On race day – check in at registration to receive bib and sign waiver.

**Make checks payable to: Matt Westerlund** – all profits will be donated to the Winona Forest Trail Fund

NAME \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

EMAIL \_\_\_\_\_

If you are viewing this form on the internet, and you would like a copy sent to you, email race director at [snowshoerace@gmail.com](mailto:snowshoerace@gmail.com)

Tear off the top to keep FYI, and mail completed entry to: Stone Wall 5k / Attn: Matt Westerlund / 92 Snyder Rd. / Lacona, NY 13083