



Register by January 10 and receive a "2019 Stone Wall" Souvenir

Register online at <https://www.runreg.com/the-stone-wall-5k-snowshoe>

DATE / TIME: Sunday, January 20, 10:00 A.M.

REGISTRATION: 8:30 A.M. -9:45 A.M. **Snail mail, email, or online. Online closes January 19 at noon.**

COURSE: Mixture of groomed trail, single track packed, and virgin snow single track.

REQUIREMENTS: Must wear snowshoes, or your results will not be recorded.

AID STATIONS: NONE for 5K. One on 10K route, which you will pass by twice. Gatorade and water available.

ENTRY: PreReg **5K and 10K - \$25** **Race Day: Add \$5**

HOST LODGING: Discounted rates available at the **Tailwater Lodge**, Just mention Winona Race.

DIRECTIONS: Take Rt. I-81 to exit 39, 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. Look for "WINONA RACE" signs.

LOANER SNOWSHOES: E-mail me to reserve ASAP. DION racing snowshoes and others available for \$5.

REFRESHMENTS: After party and awards will take place at 11N bar & grill 5233 US Route 11, Pulaski, NY

FACILITIES: There is a warm building for registration, and a cold Porta-pottie at the parking area.

AWARDS: Top 3 Over-all Male and Female recognized for the 5k and 10K

DISCLAIMER: Winter weather is very unpredictable. Please plan accordingly. Downed trees, deep snow, extreme cold, wild animals, open water, and creek crossings are all possible. Torrential downpours as well (2016). If no snow, it will be a trail run.

What you get...

- Pre-register by January 10, receive a commemorative Stone Wall Souvenir
- To participate in the biggest party on snow, you are sure to make some memories
- To walk or run on a professionally designed well-marked scenic course through Winona
- A post-race party at 11N bar and grill, free food, awards, and purchasable menu items.
- Option to purchase commemorative Stone Wall apparel (on Runreg site)
- A chance to win a pair of Dion Racing Snowshoes – new race model 120. (At Post-Race Party)

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

Race Distance: _____ 5K (\$25) _____ 10K (\$30) (NO WALKERS PLEASE)

NAME _____ RACE DAY AGE _____ GENDER _____

STREET _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____

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