



“I Love Winona” SNOWSHOE RACE



Empire State Snowshoe Championship

UPDATES as of 2/10/2012

Race Date February 19, 2012

- Race Times remain the same as scheduled. Registration begins at 10:00 for both races. We have 70 championship mugs, and 50 Dion Snowshoe Hats going to ESSRA members. If you are concerned about getting a mug or hat, arrive early. If you have time to spare, you are welcome to go pack the course while you wait for race to begin.
- **Planned Course:**

The 5km course is just shy of 5km. It begins with 300 meters of wide snowmobile trail. From here, you will enter a single track woods trail, where it is very difficult to pass competitors in most areas. The terrain varies greatly, with really tight turns. Currently, there is about 4-6 inches of crusty snow in the woods. There is one memorable hill. At this time, water is frozen, but with our unpredictable 2012 winter, plan to hop some small water areas. The single track trail will last until 3.5km into the race. You will then pop out onto a wider trail, which will take you back to the start. This trail is typically groomed, but this year, it's a mess.

The 10km course could end up being longer than 10km, but will be less than 11km. It will travel the same 5km course, but then extend out further into Winona Forest. There are some steep hills, additional single track, and wider trails to follow. It is a beautiful snowshoe racing course. Both distances promise to test your agility, strength, endurance, and speed.
- The weather and snow conditions from now until race day will dictate course on race day. I have several course options readily available to fit whatever Mother Nature offers us. Let's hope for snowshoes, but be ready for any traction device.
- ESSRA (Empire State Snowshoe Racing Association) has generously paid for our awards. We now have Over-All 1st place trophies to give away for both races, as well as plaques for 2nd and 3rd. Medals will go to age group winners.
- I will have ESSRA membership forms available on-site, in case you have not become a member yet. You can now [become a member](#) at active.com. Membership is only \$15, and your funds allow the organization to support us. Awards for this race totaled over \$1000.
- 2 pairs of Dion Snowshoes will be raffled off at the race.
- I will post trail condition updates at www.winonaforest.com. Look under “News and Announcements section on Homepage.