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**Winona Forest Recreation Association**

**P. O. Box 26**

**Pulaski, NY 13142**

**www.winonaforest.com**

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**NEWS RELEASE**

**FOR IMMEDIATE RELEASE- January 14, 2014**

Contact: Carolyn Rees @ 315-599-7181

[info@winonaforest.com](mailto:info@winonaforest.com)

**Winona Forest Recreation Association Announces**

**4th Annual Stone Wall 5K Snowshoe Race**

The Winona Forest Recreation Association 4th Annual Stone Wall 5K Snowshoe Race will be held this Sunday, January 19th at CCC Camp, Winona Forest, Mannsville, NY.

Snowshoeing has been growing by leaps and bounds as a healthy recreational activity in the forest. The Stone Wall Snowshoe Race attracts avid snowshoers from across the region to participate in this popular race, which has grown from a few participants to this year’s 80 plus entries.

You don’t have to be an expert snowshoer to participate. Beginners and children are welcome to walk or run the beautiful trails in this event and enjoy some hearty foods, raffles and prizes afterward.

The race start at 10:30 am will be very exciting to watch as 80 plus “shoers” take off from the start line to run and walk this 3.1 miles of challenging trails! Registration is open the day of the race from 9:30 to 10:15 am

Details of the race are at [www.winona.com](http://www.winona.com).

Contact Race Director at [snowshoerace@gmail.com](mailto:snowshoerace@gmail.com)

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