

34rd Annual

Snowshoe Shuffle 5 K Run and Walk

Saturday, August 4, 2018

9:00 a.m. Run ❖ 9:02 a.m. Walk



Event begins in Basham Park in downtown Creede. Runners and walkers of all abilities, ages, and sizes are welcome to join us for a 5K run/walk that is truly for everyone. Make it as fun or as challenging as you like! Proceeds will benefit Mineral County Ambulance.

Race day registration: 8:00 a.m. in Basham Park.

Entry Fee: \$20.00 must be received by July 31st. \$25.00 – race day. Groups of 5 or more discounted \$5.00 per participant. Valid only for Pre-registration.

Pre-registration: Make checks out to **Snowshoe Shuffle** and mail to Deb Haverfield, 0631 Canal Road, Monte Vista, CO 81144. Checks must arrive by July 31st.

5K Run: Challenging. Half uphill and half downhill on rocky dirt road.

5K Walk: Same course. The walkers will start two minutes after the runners and wear yellow numbers. If you intend to do any running or jogging, join the runners. Baby strollers and backpacks encouraged. This is a family event!

Course Records: Men: 15:25 (Rick Robirds, 1992) Women: 19:17 (Terry Villareal, 1992) Walk: 34:28 (Cindy Thatcher, 1994)

Divisions: 6 and under, 7-8, 9-10, 11-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80 and over.

Prizes: Ribbons to top three age group winners in running division. Ribbons for top two walkers in age groups.

Extras: All entrants will receive a T-shirt and will be offered a snack after the race. Stick around for raffle prizes from local merchants!

Post-race snacks provided by Mark and Connie Hebert.

Name _____ Sex _____

(last) (first)

Mailing Address _____ City _____ State _____ Zip _____

Telephone _____ Shirt Size _____ Age _____ Runner _____

Walker _____

I agree to release race directors, City of Creede, the USDA Forest Service, USAT&F, sponsors, and individuals assisting in the completion of this event for any injury or accident which may result from my participation in this event.

Signature _____

Parent/Guardian _____

(If applicant is under 18 years of age, form must be co-signed by parent or legal guardian.)