

25th Annual Jingle Bell 5 Km Snowshoe Race

hosted by the
Paul Smith's College Striders
on the PSC VIC trails.

**Saturday, December 8th
1 PM**

The Paul Smith's College Striders are hosting the 25th Annual 5 Km Jingle Bell snowshoe race to give area runners the opportunity to challenge themselves on this early season snowshoe race.

Registration/Entry Fee:

11:30 AM – 12:45 PM VIC Lobby, just off SR 30, 1 mile north of the College. Please mail completed entry form to: PSC Striders, Paul Smith's College, Paul Smiths, NY 12970. Fax: (518) 327-6545.

To cover expenses \$10 in US funds.

Children: \$2 entry fee. (14 and under)

Course: The cross-country snowshoe race will start/finish near the rear entrance to the VIC, utilizing the trail system much as in most years. The route will include the Heron Marsh Trail and the undulating 5,075' Silviculture trail. The first and last mile are essentially the same for the 5K, as this is an out and back course. The trails will be packed (if needed) and well-marked.

Refreshments and Facilities:

Assorted refreshments will be available before and after the event. There will be plenty of room to adequately stretch out prior to the race. Locker rooms (please bring your own lock) and showers are available.

**An absence of snow will result
in a 5 km foot race, using the same
woodland trail system.**

Hypothermia and frostbite are two real dangers possibly facing participants in the Jingle Bell Snowshoe Race. Organizers reserve the right to terminate an athlete's participation if the athlete appears to be suffering from exposure to the cold with either hypothermia or frostbite.



(Read carefully before signing)

By signing this waiver I hereby release the organizers, sponsors, officials, and landowners of any and all liability arising from my injury or death or loss of property during this competition which is an action sport posing significant risk.

Name: _____

Address: _____

Phone: _____

Cell: _____

E-Mail: _____

Age (on race day): _____

Male: _____; Female: _____

Paid: \$10.00;

Signature: _____

Children: (14 and under) \$2 entry fee

Children's .8 K Cross Country

In conjunction with the 5K event, the Striders will coordinate a .8K snowshoe race for children age 14 and under. This will enable families to participate in the Jingle Bell together. It should be noted that the children's course as well as the 5K course are "in the woods," and it might be beneficial to have an adult accompany them along the route.

Children may choose to "move up" to the 5K event.

Snowshoes: Minimum size 120 sq. in. A limited number of snowshoes may be available through the Paul Smith's College Striders at the race site for \$5 rental. Please make prior arrangements to ensure that a pair is set aside for you to rent.

Awards: Awards to the top three male and female finishers in the following age groups: Children's .8 K: 5 and under, 6 - 9, 10 - 12 and 13-14.
5K age groups: 14 and under, 15-19; 20-29, 30 - 39, 40 - 49, 50 - 59; and 60+.

Information: Please call/email Jim Tucker - Race Director, regarding snow conditions, as this is an early season race.
Work: (518) 327-6286;
cell: (518) 651-6436.
E-mail: jtucker@paulsmiths.edu

'19 Adirondack Snowshoe Festival: Feb, 23rd in Saranac Lake & Feb. 24th in Paul Smiths, NY

(2/23) Dewey Mountain in Saranac Lake:
1:00 Shoe-Be-Doo (5K)
1:00 10K Snowshoe Race
4:30 PM: Snowshoe Stomp ~ casual
"stomp" on the trails with bonfires and hot cocoa at stops along course.

(2/24) Paul Smith's College VIC:
10 AM: Guided Snowshoe Tour
10:30 AM: 5 Km and 10K Snowshoe races

Mail to:

Jim Tucker, Athletic Director
Paul Smith's College
PO Box 265
Paul Smiths, NY 12970
jtucker@paulsmiths.edu

