

# Turquoise Lake 20 mile Snowshoe Run

Saturday, January 5, 2008 10am Start 19<sup>th</sup> Annual

Leadville, Colorado

An ultra-marathon consisting of a big loop on, above, and around Turquoise Lake. Over **2700'** of climbing with a high point of **11,370'**. The trails are usually semi-packed, and the views are great. This event is not for the meek or inexperienced. It can be one of the most difficult winter events known.

**Required gear:** You must start with at least 20 oz. of fluid, 200 cal. of food & use 8"x25" or larger snowshoes. **7-hour time limit.** No Dogs Please.

Supported by:

Sugar Loafin' Campground, Melanzana Clothing, Chaffee Co. Running Club  
Bill's Sport Shop, Hammer Nutrition

**RACE START/FINISH:** At Sugar Loafin' Campground, located 3 1/2 miles west of downtown Leadville on paved/plowed County Rd. #4. Go west (downhill) from the downtown stoplight at 6<sup>th</sup> St. & Hwy. 24. Turn right at the 'T' intersection.

A warning: I-70 ski traffic can be terrible race morning, with delays probable. Leave very early or consider staying in Leadville the night before, or choose another route.

**AID:** Water, food, shelter, warmth, restrooms, changing areas, at the start/finish. Possibly 1 to 3 fluid stops in the race. We strive to have aid but do not count on it! **Plan** on knowing your ability, being winter-wise, and carrying extra food, water and clothing.

**COME PREPARED** for bad weather, so you can enjoy every condition better than the worst. Bring warm, dry clothes to change into after the race to enjoy the awards and camaraderie.

**PERMITS:** Event held in the San Isabel National Forest under special use permit from the Forest Service, USDA

**SNOWSHOES: 8"by 25"minimum size.** (measure your pair!) Call Bill's SportShop (719) 486-0739 to reserve a pair to rent.

**AWARDS AND DIVISIONS:** We will award prizes in each race, to top men/women and some age groups, depending on entries. There will be a raffle for prizes from our sponsors.

**INFO:** email [chaffeerunners@yahoo.com](mailto:chaffeerunners@yahoo.com) or (719) 539-4112 <http://www.salidarec.com/ccrc>

**REGISTRATION AND FEES:** You can enter in advance by **mailing** us the completed form below and either \$10 **or** a commitment to bring a good substantial food dish for the post race feed. Entries must be postmarked by Dec 30 for \$10 entry. The food dish should be healthy and prepared. Things like Twinkies, Kool-Aid or six packs are not acceptable. **You** should prepare the food! Please come if you commit to bring food: we will count on it!

Late registration within the 7 days prior to the event will cost \$15 for the 20 mile (20 miler is \$20 race day). You can not bring food race day instead of a fee: you must register and commit to this option in advance! Race day registration may be limited, so phone/email ahead to check in the days prior to the event.

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Event Entered: TL 20 Mile on **05 Jan. 2008**

Fee : \$10 **or** commitment to bring a healthy substantial food dish, ONLY IF mailed by Dec 30, \$15 after. \$20 race day

Enter Total \$ enclosed and/or description of food \_\_\_\_\_

Make checks payable to : Tom Sobal

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Email address \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_ . City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**WAIVER AND RELEASE :** I fully understand that participating in these snowshoe runs is very dangerous with hazards both apparent and hidden, and that I could easily become injured and/or die. By signing below, I waive and release, for myself, my heirs, executors and administrators, any and all rights or claims for damages which I may incur against property and land owners, directors, spectators, the Chaffee Co. Running Club, Lake County, U.S. Government and/or anyone else connected with these runs in any way. I attest and verify that I am physically fit and have trained to finish these events. I agree all decisions I make and actions I take are my own. I acknowledge that I will be running in isolated, remote areas where aid and rescue may never arrive, and I agree to pay medical and rescue expenses I do incur. Race organizers can use my name, photo, or comments to publicize this event. I agree to have fun, try hard, and play fair!

Signature \_\_\_\_\_ Date \_\_\_\_\_ **Photocopies o.k.**

Mail to **TL 20 mile 326 E. 4<sup>th</sup> Street Salida, CO 81201**