

Turquoise Lake 20 mile Snowshoe Run

Saturday, January 6, 2007 10am Start 18th 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 the 20 miler with at least 20 oz. of fluid and 200 cal. of food!

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 6th 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 tsobal@hotmail.com or (719) 539-4112 <http://www.solidarec.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 Jan. 1 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 ahead to check in the days prior to the event.

Event Entered: TL 20 Mile on **06 Jan. 2007**

Fee : \$10 **or** commitment to bring a healthy substantial food dish, **ONLY IF** mailed by Jan. 1, \$15 after.

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. 4th Street Salida, CO 81201