



Medved Winter Challenge



Presented by Goose Adventure Racing

Saturday February 27, 2010 at 9 am

Mendon Ponds Park, Hopkins Point Lodge

5K Snowshoe Race / 2 Person 4 Hour Adventure Challenge

5K Snowshoe Race (9 am start)

Our 5K course will run on our favorite trails surrounding Hopkins Point Lodge, including portions of the legendary Cardiac and Coronary Hills. Expect a challenging mix of double wide and single track trails. All speeds are welcome. Entry fee is \$15.00.

2 Person Adventure Challenge (10 am start)

Our Winter Adventure Race will challenge two person teams as they compete at navigation, road biking (mountain bike required), and travelling on foot (snowshoes and/or cross country skis optional). Expect up to ten miles of navigational terrain on foot. Exact rules, start location and maps will be provided on race day. See medvedrunwalk.com for award structure. Entry fee is \$15 per person.

Gear List: Snowshoes (limited demos available); Personal Hydration and Food (there will be no aid stations), Compass, Bike, First Aid Kit and Cross Country Skis are optional.

www.medvedrunwalk.com



Medved Winter Challenge Registration Form

Make Checks Payable to: Medved 3400 Monroe Avenue, Rochester, NY 14618

Please circle the event you are registering for: 5K Snowshoe Race or Two Person Adventure Challenge

Last Name: _____ First Name: _____

Street Address: _____ City/State/Zip: _____

Phone Number: _____ Email: _____

Partner Name for Adventure Race (*each person must fill out a separate registration form*) _____

Shirt Size: S M L XL

I know that participation in an event of this type is a hazardous activity. I fully understand that I or the person that I am responsible for, will be subjected to harsh environmental conditions, including but not limited to, unseasonably extreme temperatures, snow ice, uneven terrain, rock, roots, trees and branches, limited access for immediate medical assistance, as well as any other conditions that man and/or mother nature may provide. I understand that there is a risk of sustaining bodily injury and even death. I certify that I or the person I am responsible for is of strong body and mind and is in the physically shape and condition necessary to participate in this event. Therefore, I for myself, my heirs, my estate and for the person I am responsible for, hereby release the race directors, the State of New York, County of Monroe, event sponsors, M. Medved Co., Inc., and any other persons or entities involved in this event from any liability that may be incurred by myself, or the person I am responsible for, as a result of my/his/her participation in this event. I understand that I will be responsible for any cost of emergency service that is required in this event and I understand that the entry fee is non refundable. I further give my permission for the free use of my name, voice, recording or photo in any printed account, broadcast, telecast or commercial advertising of this event.

Signature of Participant _____ Date _____

(Parent/Guardian if participant is under 18 years of age _____)