



# Brave the Blizzard 4m Snowshoe Race

Proudly presented by Albany Running Exchange Event Productions

**10:00AM**

**SUN, JANUARY 17, 2010**

**GUILDERLAND, NEW YORK**

The first race in the Albany Running Exchange 2009 Grand Prix Trail Series

### LOCATION AND DIRECTIONS

Guilderland Elementary School, 2225 Western Ave, Guilderland, NY 12084

From I90 heading WEST, take to exit 1S in Albany just before toll. Follow signs for Route 20. At stoplight, turn right onto 20. Go west 3.2 miles. The school entrance is on the right just before the Guilderland Public Library on the left. *Additional directions are available on our website.*

### AWARDS

Baked goods to the overall top 3 men and overall top 3 women. Pancakes for all!

### REGISTRATION – \$8 PRE | \$10 AT THE EVENT

Online-registration is preferred (no service charges!) [www.AREEP.com](http://www.AREEP.com)  
ARE Members receive a discount by registering through the members page.

Registering 20th century style? Make check payable to **AREEP**. Do not mail after 1/9.  
Entry fees are non-refundable.

### CHECK-IN

Day of registration and bib pick-up is from 9am to 9:45am at the event.

### AMENITIES

A pancake breakfast inside a heated building! Did we mention the PANCAKE BREAKFAST? You'll also have access to the locker-rooms including changing and showering facilities. If that's not enough, we're having a **pancake** breakfast. Okay, you get the idea.



### SNOWSHOEING?

It's a lot more like running than you think. In fact, it IS running (or walking) but you put your running shoes in snowshoes to make it easier and fun!

### BUT I DON'T HAVE ANY! :(

That's where we can help! As part of the Dion Snowshoe Series, free loaners are available so that you can try it without any obligations! If you like it, you can purchase a pair—if not, just pig out on pancakes and never do it again.



### SWEET! NOW WHAT?

Register for the race! Online at [AREEP.com](http://AREEP.com) or by mailing in the form below with eight bucks. Then just sit and wait. Count the days. Eventually race day will be here!

### FOR MORE INFORMAION

Please visit [www.AREEP.com](http://www.AREEP.com) or call 518 320 8648.

Please complete, cut, and return the bottom portion to AREEP-BTB, PO Box 38195, Albany, NY 12203

✂ - ✂ - ✂ - ✂

NAME _____		___/___/___ BIRTHDAY	AGE (ON 1/17/10) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____		
CITY _____		STATE _____	ZIP _____	
PHONE ( ) _____		<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		
In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Guilderland Public Schools, and any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails/conditions that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.				
SIGNATURE _____		DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	