

2012

LAKE EFFECT  
WINTER TRAIL  
FESTIVAL

SUNDAY, JANUARY 22, 2012  
KANATOTA LODGE, WEBSTER PARK  
WEBSTER, NY

**DISTANCE EVENTS:**

2 MILE SNOWSHOE OR TRAIL FUN RUN  
4 MILES SNOWSHOE OR TRAIL RACE

**LONG COURSE EVENT:**

13'ISH MILES, SNOWSHOE OR TRAIL RACE

**SNOWSHOE OR NO SNOWSHOE • YOU CHOOSE!**

START TIMES	EVENT
7:30AM:	REGISTRATION OPENS (ALL EVENTS)
8:00AM:	LONG COURSE
9:30AM:	2 MILE SNOWSHOE OR TRAIL FUN RUN, 4 MILE SNOWSHOE OR TRAIL RACE
11:30AM:	AWARDS CEREMONY

**PRE-REGISTRATION: REGISTER EARLY TO GET THE BEST PRICE!**

ONLINE [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) OR AT FLEET FEET SPORTS,  
2210 MONROE AVE OR 2522 RIDGEWAY AVE,  
ROCHESTER, NY

PACKET PICKUP: AVAILABLE AT FLEET FEET SPORTS  
2210 MONROE AVE, ROCHESTER, NY 14618 ON  
FRI, JAN 20 (10-7PM) & SAT, JAN 21 (9-5PM)  
OR AT THE RACE SITE RACE MORNING

**INCLUDES: SHIRTS TO DISTANCE EVENT PARTICIPANTS  
REGISTERED BY 1/11/2012, CHIP TIMING & POST RACE FOOD.**

**YELLOWJACKETRACING.COM**

FOR MORE INFORMATION: 585-732-1090 OR  
EMAIL: [EVENTS@YELLOWJACKETRACING.COM](mailto:EVENTS@YELLOWJACKETRACING.COM)

SPONSORED BY:



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

GENDER: M F AGE AS OF 1/22/2012: \_\_\_\_\_  
(CIRCLE ONE)

SHIRT SIZE: S M L XL XXL (CIRCLE ONE)

PLEASE CHECK ONE  
(SNOWSHOE RENTAL  
AVAILABLE FOR \$5/RACE)

SNOWSHOE

NO  
SNOWSHOE

## FEES:

IF PAID BY JAN 4:

2 &amp; 4 MILE: \$15, LONG COURSE: \$20

IF PAID JAN 5-21:

2 &amp; 4 MILE: \$18, LONG COURSE: \$22

RACE DAY:

2 &amp; 4 MILE: \$20, LONG COURSE: \$25

FLEET FEET RACING TEAM MEMBERS: \$12

WHICH RACE? (PLEASE CHECK ONE)

LONG  
COURSE 4  
MILE 2  
MILE **AWARDS: 4 MILE & LONG COURSE AWARDS ONLY:**1ST PLACE OVERALL MALE AND FEMALE AND FIRST IN 10  
YEAR AGE GROUPS.**INCLUDES:** GUARANTEED SHIRTS TO ALL DISTANCE  
EVENT PARTICIPANTS REGISTERED BY 1/11/2012, POST  
RACE CUISINE, AND CHIP TIMING.**MANDATORY WAIVER (SIGNATURE REQUIRED):**

NO HEADSETS, BABY STROLLERS, OR DOGS ALLOWED IN RACE. I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking/snowshoeing this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release YELLOWJACKET RACING, Volunteers, the City of Rochester and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature.

Runner Signature: \_\_\_\_\_

If under 18, Parent/Guardian: \_\_\_\_\_

MAKE CHECKS PAYABLE TO: YELLOWJACKET RACING  
MAIL FORM AND ENTRY FEE TO: FLEET FEET SPORTS,  
ATTN: LAKE EFFECT, 2210 MONROE AVE.,  
ROCHESTER, NY 14618