

Sat. Feb. 20TH ~ TWO 10.7K RACES!

SNOWFLAKE & INGA~LAMI

Men's

Women's

Followed by a 5K Tour and New MNYSS Kid's race

BAKER PARK (Three Rivers Park District)



8:30 SNOWFLAKE-MEN'S START-10.7 Km (5 year age groups through 70+) Men, after your race, cool down and cheer on the women!

9:15 INGALAMI WOMEN'S START-10.7 Km (5 year age groups through 70+)

9:16 5k TOUR (skate or classic) Not timed. Finisher Water bottle

10:30 KID'S RACE * Part of the 2010 MNYSS Series races *****

(Age groups set for MNYSS requirements)



100m	Dash	Age 3 & Under
1Km	Sprint	Age 4-5
2Km	Thriller	Age 6-9
3Km	Mad Dash	Age 10-13

10:15 AWARDS for both men and women. Kid's awards follow kids race.

TASTY TREATS~AWARDS ~DOOR PRIZES

If no snow at Baker, race will move to Elm Creek

WOMEN! New at skiing? This Inga~Lami race is for you! Join us for the women's only race or tour! Fans will cheer you on! ...to have fun, to exercise and to move at *whatever speed you like!* Costumes often appear!!

952/473-0377

www.gearwest.com

REGISTER ON-LINE!

REGISTRATION:

AMOUNT ENCLOSED: _____

INGALAMI WOMENS _____ (\$20, after 2/8 \$25)

QUESTIONS? Call Gear West:

SNOWFLAKE MEN'S _____ (\$20, after 2/8 \$25)

952-473-0377

HIGH SCHOOL _____ (\$ 15) MNYSS Kids Race _____ \$ 7.00

TOUR-KIDS adult or child _____ (\$5.00)

VISA # _____ exp ____ / ____ CK _____

NAME: _____ AGE _____ M _____ F _____

ADDRESS: _____ City _____ Zip _____

PHONE: _____ EMAIL PLEASE: _____

Please print clearly

