

January 30, 2010

Noquemanon 15 Mile and 10 K

Marquette
sports & medicine
Institute



Enter a race where waxing is not a worry, and it is not the quality of your skis that matters, rather the **strength of your legs**. Pass skiers on the uphill, and watch them tumble head over heels on the way down. Snowshoe the beautifully rugged Noquemanon trail.

Snowshoe 15 Mile

The Noquemanon Snowshoe 15 Mile is a point to point snowshoe race utilizing the last 15 miles of the Noque trail. Snowshoers begin along County Road 510 between Negaunee and Marquette and six miles north of U.S. Hwy 41 at **1:10 pm**. Runners end at the Noque finish line outside of the Superior Dome in Marquette. All runners must be bused to the start line since there is limited parking. Buses will remain at the start line for warmth. The elevation at this area is approximately 1600 feet. The ending elevation at the Superior Dome is approximately 700 feet. There are three aid stations along the way approximately every 3 miles. All aid stations have water and energy drink. The finish line is outside the Superior Dome in Marquette. Inside will be one last aid station with warm food and drink. There will also be a valet where you can keep your snowshoes while visiting with other racers or taking advantage of the shower facilities.

Snowshoe 10K

The Noquemanon Snowshoe 10K is a point to point snowshoe race utilizing the last 10K on the Noque trail. Snowshoers start at Forestville at **10:00 am** and finish at the Superior Dome. Buses will be provided to the start area from the Superior Dome (there will be no busing back to Forestville after the race). There will be one aid station midway.

Racer Information

Registration/Race Packet Pick-up

Race registration and bib pick-up will be from 5 until 10 pm on Friday, January 29 at the Superior Dome. Same day racer packet pick-up is available upon request. Race packets contain many extras including the coveted Noque ski hats, cloth bib, sponsor goodies, and coupons.

Race confirmation can be found on registration website. Please bring race confirmation and proof of identification to packet pick-up. All snowshoers will need to sign a waiver at bib pick up.

Participation Gift- 10K

Participants in the 10K are not eligible to receive the Swix Hats, however they will receive a special gift with their race packet.

Awards

Bells for Half and Medals for 10K to the top three overall and in each age group for both male and female categories as follows: 24 and under, 25-34, 35-44, 45-54, 55-64, 65+. Awards for 10K will be given at the Superior Dome immediately following the finish. 15 Mile awards at Upront.

Results

Race results will be posted inside the Superior Dome plus computers will be set up to check your individual results.

Call 866-370-7223 with questions.



IN ORDER TO ENSURE THE SAFETY OF ALL RACERS, THERE WILL BE A STRICTLY ADHERED TO THREE AND A HALF HOUR CUT OFF TIME FOR THE 15 MILE. IF YOU ARE STILL ON THE COURSE AFTER THAT TIME, YOU WILL BE ASKED TO REMOVE YOUR BIB AND BE ESCORTED OFF THE COURSE. IF YOU ARE NOT CONFIDENT YOU CAN COMPLETE THE RACE IN THE TIME ALLOWED, YOU ARE ADVISED TO ENTER THE 10K RACE.

Participant Information

<input type="checkbox"/> 10K	<input type="checkbox"/> 15 Mile
Name	
Address	
City, St, Zip	
DOB	
Email	
Club/Team	

Entry Fee Schedule

15 Mile	10K	
\$58	\$25	By January 1
\$68	\$30	By January 15
\$78	\$30	By January 22
\$88	\$30	By January 28
\$98	\$35	By January 29

NO Race Day Registration

Payment

<input type="checkbox"/> Check	<input type="checkbox"/> Visa	<input type="checkbox"/> M/C	<input type="checkbox"/> AE	<input type="checkbox"/> Disc
Card Number				
Exp Date _____		CVS _____		
Amount to be charged:				
Signature				