

US Nationals Qualifier!



## Iowa State Snowshoe Championships

Saturday, Feb. 2nd

8:00am Registration and Demo

10:00am Race

Hartman Reserve Nature Center

Cedar Falls, IA

4k Fun Run / Hike

8k Race / Run     \*\*No Snow = Trail Run!\*\*

\$15 Entry Fee.

Includes snowshoe rental, demo, run, food and beverage

Random Prize Drawings

All proceeds to benefit Hartman Reserve Nature Center

Friday Night Hike!

Join us Feb. 1st at 7:00 for a short clinic and night hike

Free of charge!

Event presented and sponsored by:



*the runner's flat*



**FoxRiver**