



Perkiomen Watershed Conservancy  
presents...

The Snowshoe 5k  
@ Spring Mount Ski Area  
Saturday, January 28<sup>th</sup>, 2023

~ Professional timing services by Pretzel City Sports of Reading, Pa. ~  
*Proceeds benefit the Perkiomen Watershed Conservancy*

**WHO:** The Snowshoe 5k is for all ages and abilities! Bring your own snowshoes or rent a pair from us (while supplies last). This year you can also purchase your own snowshoes! Sign up online at [www.PerkiomenWatershed.org](http://www.PerkiomenWatershed.org)

**WHAT:** Don't let Ole' Man Winter get you down! Join us for the 17<sup>th</sup> Annual Snowshoe Race at Spring Mount Ski Area. This year's event is shaping up to be the best ever! We have a great course, a great cause, and a great after-party!

**WHERE:** Participants may pre-register (application below or online) or register the day of the run. Registration takes place at Spring Mount Ski Area beginning at 7:00 AM on Saturday, January 28<sup>th</sup>. We have a limited number of snowshoes for rent... so register early! This year we are also offering snowshoe purchases. Volunteers will be on hand to assist you with registration and with snowshoe rentals. Award presentations will be made at the Spring Mount Ski Lodge following the Snowshoe 5k.

**WHEN:** Saturday, January 28<sup>th</sup>, 2023  
7:00 a.m. – Registration begins at Spring Mount  
8:00 am – Snowshoe 5k Begins  
9:30 am – Awards Ceremony and Hot Rum Cider!

**HOW:** To register, complete the form below and submit the registration fee of \$30 (no snowshoe rental) or \$45 (w/snowshoe rental) to the Perkiomen Watershed Conservancy. Knit hats after January 10<sup>th</sup>. Checks payable to the "Perkiomen Watershed Conservancy." OR register online at [www.perkiomenwatershed.org](http://www.perkiomenwatershed.org)

**SWAG:** All participants win a free event t-shirt! Participants 21 and over get a free craft beverage. Those 21 and under get the craft beverage sans alcohol.

**RESULTS:** 1, 2 and 3 mile marked. Finish line and timing services provided by Pretzel City Sports. Race results submitted to Pretzel City Sports and posted at [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**AWARDS:** Awards presented to Overall Male and Female Champion. Awards presented to top three Male and top three Female finishers in each of the following age categories: Masters, 19 years and younger, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60 years and up!

**QUESTIONS:** 610.287.9383 | [cmuehlbronner@perkiomenwatershed.org](mailto:cmuehlbronner@perkiomenwatershed.org)

**DIRECTIONS:** Type in Spring Mount Ski Area  
757 Spring Mount Road, Spring Mount, PA 19478

SPONSORED BY:



Online registration at [www.PerkiomenWatershed.org](http://www.PerkiomenWatershed.org)

**REGISTRATION:** Complete this portion. Detach and mail. Include \$30 (no snowshoe rental) or \$45 (w/snowshoe rental). Knit hats not guaranteed after January 10<sup>th</sup>.

Online registration available at [www.perkiomenwatershed.org](http://www.perkiomenwatershed.org).

Checks payable to Perkiomen Watershed Conservancy, or by Credit Card:

Visa/MC/Discover: Number \_\_\_\_\_ Exp. \_\_\_\_\_ CVC: \_\_\_\_\_

Select Registration Type: \_\_\_\_\_ Regular – No Rental (\$30) \_\_\_\_\_ Regular with Snowshoe Rental (\$40)

(Please print)

First and Last Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail address \_\_\_\_\_

Race Day Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Perkiomen Watershed Conservancy, Spring Mount Adventures, and Dion Snowshoes, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running or walking in this event including, but not limited to: falls; contact with other participants; vehicle traffic; the effects of the weather, including temperature or wind chill; and the condition of the road and or trail; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian's signature if under 18 years of age.)

Mail to: Perkiomen Watershed Conservancy, 1 Skippack Pike, Schwenksville, PA 19473  
(610) 287-9383 ☎ [cmuehlbronner@perkiomenwatershed.org](mailto:cmuehlbronner@perkiomenwatershed.org)