

REGISTRATION 2010

Sunday, September 19th 8:00am
Whiteface Mountain Veterans Memorial Highway
Cost: \$60 advance/ \$75 day of
\$40- (local: Essex/Franklin/Clinton County)

register online @
BikeReg.com Registration online thru BikeReg.com
Or fill out the registration form below
and return to NYSEF.

Additional forms can be downloaded off www.nysef.org.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Cell: _____

Email: _____

Age on race day: _____

Sex: M or F

I certify that I am medically fit and have properly trained for this event and in consideration of your accepting my entry fee, I hereby for myself, my heirs, and executors release and discharge all NYSEF employees, sponsors, race officials, volunteers and any other persons associated with the Whiteface Foliage Hill Climb from any claims or liability for death and personal injury or damage of any kind arising in my participation in the race. This release and waiver extends to claims of nature. I, the undersigned, further grant permission for the used of any photos, videotapes or any other recording of this race for any purpose.

Signature: _____

Legal Guardian: _____
(if under 18)

Mail check payable to: NYSEF
PO Box 300
Wilmington, NY 12997

New York Ski Educational Foundation
PO Box 300
Wilmington NY 12997

2010 ANNUAL NYSEF WHITEFACE FOLIAGE HILL CLIMB



www.nysef.org

Sunday, September 19, 2010

register online @

BikeReg.com

WWW.NYSEF.ORG





RACE ROUTE

8 Miles up the scenic Whiteface Mountain Veterans Memorial Highway that has an average grade of 8%. The first 3 miles of the course may have vehicular traffic, please stay in the right-hand lane until the toll booth.

BODY FUEL

There will be fruit and beverages served at the top (finish) but you are responsible for your own fluids during the race. There will be no aid stations.

CLOTHING

Finish is above 4,000 feet and is likely to be cold. Please dress appropriately.

TRANSPORTATION

You may have a vehicle waiting for you at the finish. The toll booth will be open from 7:15 am - 7:45 am and charge \$5 per person in vehicles, or you can ride down at your own risk following the pacing marshals (min of 2 brakes required). No one will be allowed to descend until the race is over.

RESULTS

Results will be posted at the Race Brunch at the NYSEF Training Center at the base of Whiteface Mountain Ski Area.

PRIZES

Awards will be handed out to the men's and women's overall winners and to the top 3 riders in each age group. The award ceremony will be at the Race Brunch at the NYSEF Training Center at Whiteface Mountain Ski Area.

SCHEDULE

Saturday, September 18th

6:00pm-7:00pm *Registration*
at the NYSEF Training Center at Whiteface Mtn

Sunday, September 19th

6:45am-7:15am *Registration*
at the NYSEF Training Center at Whiteface Mtn

7:45am *Athletes to start area*
(Junction of route 86 and 431)

8:00am *Race Begins*
(4 waves launched by age group)

Post Race: Awards and Race Brunch directly following the end of the race



CHARITABLE EVENT INFORMATION

Proceeds to benefit New York Ski Educational Foundation; programs in winter sports that benefit the youth of our communities. Your full registration is deductible to the fullest extent of the law as a charitable donation. NYSEF is a 501 (c) 3

It is the mission of NYSEF to provide opportunities for athletes of all ages to reach their potential in snow sports-alpine skiing, freestyle skiing, snowboarding, ski jumping, cross country skiing, Nordic combined, and biathlon through professional guidance and financial support.

ABOUT NYSEF

The New York Ski Educational Foundation (NYSEF), founded in 1973, is a non-profit organization providing educational opportunities for children and young adults through athletic training in winter snow sports. It is one of the largest and most successful snow sports training programs for youth in the country. This year NYSEF had seven past and present athletes compete in the Vancouver Olympic games and brought home a gold, silver and bronze medals.

NYSEF adheres to the highest level of coaching quality and coaching standards. Through a cooperative relationship with the Olympic Regional Development Authority (ORDA), NYSEF is able to offer training utilizing world class facilities.

NYSEF's primary goal is to produce athletes with a life-long enthusiasm for winter sports. NYSEF training is consistent with the athletic development programs for the U.S. Ski and Snowboard Association and the U.S. Biathlon Association. Athletes are encouraged as individuals to participate at a level suitable for their skills and personal competitive interests. The NYSEF program enables athletes to pursue a high level of athletic performance. Many NYSEF athletes go onto successfully compete in college or as members of national teams and members of the U.S. Olympic Team.

