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NEWS RELEASE

FOR IMMEDIATE RELEASE

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A DASH IN THE SNOW! 6TH ANNUAL TWIN CITIES SNOWSHOE SHUFFLE



A DASH IN THE SNOW! THE SIXTH ANNUAL TWIN CITIES SNOWSHOE SHUFFLE, FEBRUARY 5, 2011.

This will be the sixth year celebrating Minnesota's great outdoors, age-old snowshoe tradition and gathering for an excellent cause. The 2011 Sixth Annual Twin Cities Snowshoe Shuffle, "A Dash in the Snow," will be held Saturday, February 5, 2011 on the beautiful natural trails of Long Lake Regional Park. Registration begins at 8 a.m., with the race beginning at 10 a.m. The snowshoe race is a 5K/10K run/walk and Regional Qualifier for the United States National Snowshoe Association National Championship.

All ages and abilities are welcome to *Dash in the Snow!* The Twin Cities Snowshoe Shuffle has grown to rank third in the country for the number of race entrants and attracts competitors from several states in the Midwest and states as far as North Carolina and Washington. In addition to seasoned racers, the Twin Cities Snowshoe Shuffle participants include recreational snowshoers, Nordic skiers, road runners, trail runners and families.

Registration & Post-Race Events

Registration is \$35 and includes a long-sleeved race t-shirt, and chili lunch at East Side Neighborhood Services, 1700 2nd Street NE, Minneapolis. Snowshoes are available for rental, for \$5 the day of the event. A post-race chili lunch, silent auction, participant prizes and awards program will be held at East Side Neighborhood Services following the race.

Don't Eat Your Spaghetti at Home!

A Camp Bovey Alumni and Pre-Race Spaghetti Dinner will be held Friday, February 4, from 5-7 p.m. at East Side Neighborhood Services, 1700 2nd Street NE, Minneapolis. Dinner is \$5 per person. All community members, Camp Bovey alumni and snowshoe race participants are welcome to attend. Racers will have the opportunity to register early and receive their race packets before the day of the race.

Racing for a Great Community Cause

All proceeds from the race and silent auction will benefit Camp Bovey, East Side Neighborhood Services' Summer Youth Camp, located in Gordon, Wisconsin. Camp Bovey provides outdoor living and leadership development for children ages eight to 14. Each entrant will assist in raising funds to provide camperships for children from low income, poverty level and inner city families to attend Camp Bovey.

For more information about the Sixth Annual Twin Cities Snowshoe Shuffle, call East Side Neighborhood Services at 612.781.6011 or visit, www.esns.org. To register, visit www.esns.org. Registration powered by active.com.

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