

Yeti sighting at Silver Star

SILVER STAR- On Saturday, Feb. 05, 2005, the Yeti Mountain Snowshoe Series makes its way to the incredible Silver Star Resort, the second stop out of its six event series for the second year.

The Yeti course utilizes a mix of Nordic and mixed use trail system with spectacular views.

The Yeti consists of 5km and 10km courses and is open to participants at all skill levels, from beginner to advanced athletes.

Participants and volunteers can find out more information about the series at <http://www.theyeti.ca>.

Here are the particulars for this year's Yeti:

Where — Altitude Training Centre

When — Feb. 5 — registration goes from 8 a.m. — 9:30



The Yeti Mountain Snowshoe Series returns to Silver Star Mountain Resort Feb. 5

Maro Cooney photo

Time — race starts at 10 a.m.

How to pre-register — You can either download a registration form and mail in registration or register online, both ways found at <http://www.theyeti.ca>

Volunteers — Not ready for the challenge then be a volun-

teer. The Yeti is looking for volunteers to help out with registration, course marshalling and awards. This is a great way to get involved, meet new people and have fun!

Founded in 2001 by Marc Campbell in response to an

ever-increasing demand for managed adventure sport, The Yeti Mountain Snowshoe Series keeps growing in popularity and size.

Last year there were six events with fantastic turnout. This year Andrew Clarke is coming back to defend his win at Silver Star with a time of 41 minutes and 33 seconds and Carey Sather with her time of 47:44.

Campbell says, "The Yeti is the revival of a classic recreation. Now recreational hikers and runners can have fun and stay in shape all year round."

"In the winter there's no reason for runners and hikers to not get into the mountain. Strap on a pair of snowshoes and get out there and enjoy the beauty a Canadian winter offers!"