

FAQs

What is the priority check-in?

Avoid event-day lines and check-in early! Those who are pre-registered can check-in and get their event materials. Then, the morning of the Romp, all they have to do is park, hop on a bus, get demo snowshoes (if necessary), and be ready at the start line on time.

Can I (or my friends and family) register for the event at Priority Check-in or on event day?

Maybe. There's a good chance the Colorado event will sell out. We'll post updates on the website. If there are spots still open during priority check-in, you can fill out a registration form at the event and submit your \$35 registration payment written out to Tubbs Snowshoes. (We will accept cash too, but checks are preferred; we are NOT able to take credit or debit cards)

Can I submit donations at the Priority Check In?

Sorry, no. Submit all offline donations at any of the designated parking areas or at the Nordic Center the morning of the event. Make sure to complete a Pledge Form listing donations and check that all DONATION CHECKS ARE MAKE OUT TO SUSAN G. KOMEN FOR THE CURE with "Romp CO" in the memo line.

I'm a team captain, can I pick up all the materials for all of our team members?

YES! If you are on a team, you can have one person from the team pick up other team member's materials. Please be sure to bring a complete list of all the pre-registered team members for which you need to pick up materials.

What time should I show up?

Please allow 45-60mins to park, check-in, submit donations, hop on a bus, arrive at the Frisco Nordic Center, & get demo snowshoes. Be sure to be READY in your snowshoes at the appropriate time for your start.

Should I eat breakfast, or will there be food?

Wells Fargo is sponsoring a FREE pancake breakfast that starts at 8am. There are no other food services at the Nordic Center.

What is available at the Nordic Center?

Porta-Potties, Lost & Found, no secured storage for personal items!

Will there be enough FREE snowshoe demos?

Tubbs will provide about 350-400 pairs of FREE snowshoe demos on a first come, first serve basis. Due to the size of this event, we cannot guarantee free snowshoe demos for everyone. If you own your own snowshoes or have access to a pair, please bring them to ensure access to those who don't have them. Many folks decide to rent snowshoes the day before to ensure they have some for the event.

Where does the money go?

Tubbs Snowshoes is excited to be a National Partner of Susan G. Komen for the Cure®. 100% of pledges and donations plus any sponsorship fees and participant registration fees (less event costs and expenses) from the Romp to Stomp benefit Susan G. Komen for the Cure®. 75% will go directly to support the education and efforts of the Denver Metropolitan Affiliate of Susan G. Komen and 25% will support national research to help end breast cancer.

Susan G. Komen for the Cure's promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.



FUNDRAISING

Although fundraising is not required for the Romp to Stomp, we do encourage every participant to try and raise at least \$100. If all participants met that goal, we'd DOUBLE our over all fundraising goal for the Romp to Stomp Series.

If you fundraised (either online or offline or both), please see separate FUNDRAISING INFO for Participants brochure or visit www.tubbsromptostomp.com for complete details on fundraising, submitting offline donations, etc.



PARTICIPANT INFO

MARCH 6, 2010
FRISCO NORDIC CENTER
FRISCO, COLORADO



QUICK REMINDERS

- Parking available at designated Romp sites
- NO PARKING or UNLOADING at Frisco Nordic Center; everyone needs to use buses!
- Submit donations the day-of the event at designated parking areas or the Nordic Center
- Priority Check-in available for 3k/5k walkers only
- Donations & Pledges can be submitted only on event day

DIRECTIONS

Take Frisco exit 203 off I-70; Follow the signs for Romp to Stomp parking. Do NOT drive to the Frisco Nordic Center. Drive directly to Romp to Stomp designated parking areas.

PARKING

Please carpool; NO PARKING or UNLOADING at the Frisco Nordic Center

Step One: Park

Exit the freeway & follow the signs for 3 parking options at the middle school, high school, or the County Commons. Park at middle and high school lots first (the County Commons fills up early and participants will lose time being rerouted).

Follow the directions of volunteers in orange vests and park tightly!

Step Two:

Walkers already checked-in:* After parking & gathering your belongings, proceed directly to the bus for Nordic Center

ALL Racers: After parking & gathering your belongings, proceed directly to the bus for Nordic Center

For Walkers not checked-in:* After parking & gathering your belongings, check-in and submit donations at parking lot check-in locations. Then hop on bus to Nordic Center

**You are already checked-in if you went to one of the five priority check-in locations on Feb 27 or the night before the event to pick up your materials*

Bus Info

Running: 7:30am-1:00pm every 10 - 15 minutes

Serving 3 parking areas: High School (Red), Middle School (Blue), & County Commons (Green)

After Event: Bus Pick-up @ Nordic Center at 3 stops (Red for HS, Blue for MS, Green for CC - color-coded sign in bus window). Note: Pick-up locations are the same as drop-off; no buses after 1 pm

CARPOOLING PERKS

Join us in reducing the impact on our environment & our parking facilities and you'll get hooked up with a great deal! Arrive at a Romp parking location in a vehicle with 4 or more people, hop on the bus and a volunteer give everyone in your vehicle a

20% coupon off your entire purchase at www.RockyMountainTrail.com

WHAT TO WEAR/BRING

- **Water Bottle:** to reduce waste, please bring your own water bottle! Fill it up at home, but we'll also have large water jugs available for you to re-fill.
- **Romp Confirmation email:** You might need this when you check in.
- **Water Bottle** (yup, it's important enough to be on the list twice!)
- **Backpack** or bag for belongings
- **Camera**
- **Snowshoes:** If you own or have access to snowshoes, please bring them so that we can be sure to have enough demos for those who aren't able to bring their own.
- **Clothing for snowshoeing** is very similar to the clothing you would use to go on a hike. We've provided a brief list below, but check out the Tubbs Snowshoes Resource Center for more info: www.tubbsnowshoes.com.
Hat & Gloves, Waterproof hiking boots or trail runners, Wool or Synthetic Socks (no cotton!)

Dress in Layers:

- **Layer One:** Non-cotton base layer (synthetic, silk, or wool long underwear)
- **Layer Two:** Insulating Layer (i.e. fleece, down, etc; while you're snowshoeing you'll probably stash this in a bag, but it will be nice to have standing outside!)
- **Layer Three:** Waterproof shell (to help protect from the weather)

Note on food: *You're welcome to bring your own snacks if you wish, but along with the Wells Fargo pancake breakfast, many sponsors will have various samples. Be sure to grab a lunch at one of Frisco's awesome restaurants!*

REGISTRATION UPGRADE

Did you upgrade to a Premier Registration? Pick up your long sleeve shirt after the race/walk is over at the Nordic Center.

Want to Upgrade? If we have shirts left, we will have registration upgrades available after the race/walk at the Nordic Center. Upgrades cost \$15 (checks to Tubbs Snowshoes).

SURVIVORS

Survivor Perks:

- When you check-in you'll receive a survivor gift & VIP Warming Tent Access Pass
- **NEW THIS YEAR:** VIP access to the Warming Tent; all survivors are welcome to join the fundraising VIPs after the walk in the special warming tent at the Nordic Center. Thanks to Chipolte for providing snacks!
- **Survivor Tribute:** Be sure to stick around for the Awards Ceremony at 11am for the survivor tribute.

EVENT DAY SCHEDULE

7:30am	Check-in & Pledge collection
8am	Pancake Breakfast & Entertainment Snowshoe Demos Open
9am-12am	Sponsor Displays
9am	3k Race Start
9:30am	3k/5k Walk Start
10:30am	Racer Awards & Sweepstakes
11am	General Awards Ceremony, Sweepstakes & Survivor Tribute

CHECKING IN & PICKING UP ROMP MATERIALS

3k & 5k Walkers

Choose from the following options to check-in for the event & pick up your event materials:

Priority Check-in: Sat, Feb 27

12pm-4pm: Denver REI

10am-2pm: Columbia Silverthorne Outlet

9am-12pm: Dillon, Frisco, or Breckenridge Wells Fargo Locations

Note: these are for 3k or 5k walkers ONLY; see below for 3k racer instructions

Priority Check-in: Fri, March 5 (night before)

6-8p m Frisco Holiday Inn

Event-Day Check-in: Sat, March 6

7:30am: Event Day Check-In Opens

Check-in & submit donations at any Romp to Stomp Parking area. If you picked up your materials at the priority check-in you DO NOT need to check-in the day of, but you're welcome to submit donations at the parking areas or the Nordic Center.

3k Racers

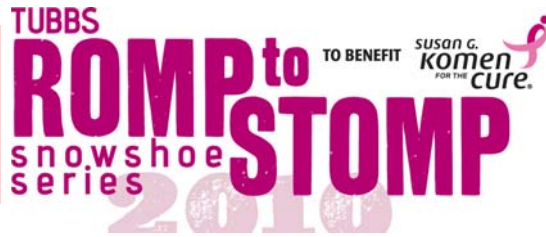
All Racers will need to check-in and pick up their event materials the **MORNING OF THE EVENT AT THE NORDIC CENTER**. Sorry, priority check-in is not available for 3k racers because we need to distribute timing chips the day of the event.

OFFICE USE ONLY:

Cash \$ _____

Checks \$ _____

Total _____



PLEDGE FORM & OFFLINE DONATION RECORD

CIRCLE EVENT LOCATION:

Jan 23– Vernon, NJ Feb 6–Salt Lake City, UT Feb 27–Mt Hood, OR
 Jan 30– Stratton, VT Feb 20–Snoqualmie Pass, WA Mar 6–Frisco, CO

FUNDRAISER INFO

Team Name (if applicable) _____

Name _____

Email _____

Phone _____

Donation checks should be made out to **Susan G. Komen for the Cure** with “Romp [state]” in the memo line

donor name	email address (or mailing address if email is unavailable)	phone number	amount \$	Cash or Check	entered online?

USING THIS PLEDGE FORM

Its easy to fundraise with the Romp to Stomp online tools, but if you do collect offline donations using this pledge form, please use the following instructions. Also be sure to check out www.tubbsromptostomp.com for detailed information on how to fundraise, fundraising prizes, tips & ideas, and frequently asked questions.

- 1. RECORD name, email, phone, & donation amount from donors**
This information is important for keeping a record of the donation. Donors will only be contacted if there are questions about the donation or to send them a receipt. If they do not have an email address, please list a mailing address instead.
- 2. Have donors MAKE DONATION CHECKS OUT to Susan G. Komen for the Cure & indicate “Romp [state]” in the memo line**
Example: If you are participating in the Vermont Romp, the memo line should read “Romp VT”. This will ensure that the donation is associated with the correct local affiliate of Susan G. Komen for the Cure®. Do not make DONATION checks out to Romp to Stomp, Tubbs Snowshoes, etc. The only time checks should be made out to Tubbs Snowshoes is for an event registration NOT a donation.
- 3. RECORD OFFLINE DONATIONS in your online Participant Center**
All participants who registered online had a personal fundraising page automatically created for them. Simply login to your Participant Center at www.tubbsromptostomp.com and input donations using the “offline donations” option. Recording your offline donations in the online system is easy and helps us cut down on costs associated with data entry.
- 4. SUBMIT DONATION CHECKS & completed pledge form on event day**
When you check-in for the event, bring your offline donation checks along with this completed pledge form.

