



# Tubbs Romp to Stomp out Breast Cancer Snowshoe Series®

Mountain Dell Golf Course, UT, February 6, 2010

## EVENT INFO FOR PARTICIPANTS

Thank you for registering for the 2010 Tubbs Romp to Stomp out Breast Cancer at Mountain Dell Golf Course, Salt Lake City. Because 100% of the pledges and donations plus any net proceeds go directly to Susan G. Komen for the Cure® you're involvement in the Romp makes us one step closer to making breast cancer history! Please read over the following information carefully. It should answer a lot of your questions about the event and provides essential details you'll need to have a fun and safe time at the Romp to Stomp! And don't forget that the Romp to Stomp is a fundraiser! We encourage all of our participants to take the next step of fundraising for Susan G. Komen for the Cure®! See below for details.

## IMPORTANT for FUNDRAISERS!

If you fundraised for the event (either online or offline or both), please read this important info.

**ONLINE-ONLY FUNDRAISERS:** When you check in for the Romp (either at REI or on event-day) don't forget to stop by the donation table to pick up extra sweepstakes entries for fundraising. Also, depending on the level of fundraising, you might have earned a [special prize from sponsors](#).

**OFFLINE & ONLINE FUNDRAISERS:** Please see above notes as they apply to you as well! Online donations (i.e. with a credit card) you fundraised on your [Participant Page](#) should not be entered on a [Pledge Form](#). For offline donations, please first [record your offline donations on your Participant Center](#) and then [fill out the pledge form](#) to submit with your donations when you check-in.

**OFFLINE-ONLY FUNDRAISERS:** Help your fundraising dollars go farther by inputting your offline donations into the online fundraising system through your [Participant Center](#). This allows us to free-up much needed resources and not spend as much time on database entry. Also, please fill out the [PLEDGE FORM BEFORE](#) checking in for the Romp (either at REI or event-day). We collect lots and lots of fundraising dollars at each Romp event and it helps TREMENDOUSLY if we have accurate paperwork outlining your offline donations.

## PRIORITY CHECK IN

SEE END OF DOCUMENT FOR MORE PRIORITY CHECK-IN/REGISTRATION INFO

**Fri, February 5, 2010**

**5:30-7:30pm**

Salt Lake City REI

3285 East 3300 South

Salt Lake City, UT 84109

Avoid event-day lines and pick up your Romp materials early! You can check in for the event, pick up your materials and submit any offline donations.

**Want to change your pick-up location?** If you signed up for event day check-in when you registered and would like to come to REI instead (or vice versa), you are welcome to! If you can send us an email at [romptostomp@tubbssnowshoes.com](mailto:romptostomp@tubbssnowshoes.com) to let us know, that would be tremendously helpful!

## EVENT DAY SCHEDULE

8:00 am: Participant Registration, Check-in & Pledge Collections Opens

9:00 am: 3K Snowshoe Fun Race

9:30 am: Main Event: 3K or 5K Benefit Walk (participant's choice)

11:00 am: Closing & Award Ceremony

Questions? Email [romptostomp@tubbssnowshoes.com](mailto:romptostomp@tubbssnowshoes.com)

**Friendly Remember:** ALL FUNDRAISING & DONATION CHECKS should be made out to Susan G. Komen for the Cure® (with Romp UT and the fundraiser name in the memo line)

All REGISTRATION CHECKS should be made out to Tubbs Snowshoes

# GENERAL EVENT DETAILS

## Where should I go for the Romp?

Mountain Dell Golf Course off exit 134 in Lower Parley's Canyon

## What time should I show up?

### If you already checked-in at the SLC REI on Friday

Please allow 30 mins to park and get demos (if you need them). If racing, you'll need to ready with snowshoes strapped on at the start area at 9am. If walking you'll need to be ready with snowshoes strapped on at the start area at 9:30am.

### If you need to check in or register Saturday morning

Please allow 45 mins to park, check-in or register, and get demos (if you need them). If racing, you'll need to ready with snowshoes strapped on at the start area at 9am. If walking you'll need to be ready with snowshoes strapped on at the start area at 9:30am.

## What time does it start?

See schedule above. Just make sure you're ready at the start line for your start time! 9am race; 9:30am walk.

## How do I get to Mountain Dell Golf Course?

From SLC: Take Exit 134 off I-80E; left at the intersection, right on Lower Parley's Canyon; Left into parking lot

From Park City: Take exit 134 off I-80W; right at intersection; right on lower Parley's Canyon; left into parking lot

# DAY-OF REGISTRATION/CHECK-IN/FUNDRAISING COLLECTION

*The following info applies to those who DID NOT attend the priority check-in/registration at REI on Fri, Feb 6<sup>th</sup>.*

*SEE END OF DOCUMENT FOR PRIORITY CHECK-IN/REGISTRATION INFO AT REI*

**The event-day check-in or registration process** will take about 15-25 minutes. Allow enough time to check-in or register and get demo snowshoes (should you need them) so that you can be at the start line by your start time (9am Racers; 9:30am Walkers).

After checking in, head to the demo tent (if you need demos) and then to the start line! We'll have free coffee and cocoa provided by Green Mountain Coffee in the registration/check-in area.

**Register Day-of:** If you didn't get a chance to pre-register for the event, you will be able to register for the day-of cost of \$40. (Cash or Check ONLY (checks preferred)); **all REGISTRATION checks should be made out to Tubbs Snowshoes)**

## Where do I park?

**PLEASE CARPOOL!** Parking is limited in the Mtn Dell Golf Course lot, so please car pool if you can. There is limited parking on the road because it is winter. Be cautious and please DO NOT block any traffic driving on the main road.

**Help reduce our impact on the environment by carpooling.** We can make a significantly LESS impact if every car had at least 4 Rompers in it!

## After parking, where should I go?

### If you already checked-in at the SLC REI on Friday

Gather your belongings (don't forget your bib!!) and head toward the main "expo" area. Explore sponsor tents get some coffee or cocoa, or pick up a pair of demo snowshoes if you can't bring your own. Just be sure to be ready to go (with snowshoes strapped on) at your start time (9am Racers; 9:30am BOTH 3k and 5k Walkers)

### If you need to check in or register Saturday morning

Gather your belongings and head toward Registration/Check-in are near the bottom of the lodge. Check-in or register, head to the demo tent (if necessary), or check out sponsor booths. Just be sure to be ready to go at the start line with snowshoes strapped on at your start time (9am Racers; 9:30am BOTH 3k and 5k Walkers).

**Pre-Registration Check-In:** If you registered online or by mail, you'll still need to check in and pick up your event materials (bib number and goody bag).

**Submitting Donations:** If you'd like to make a donation, or for all those who fundraised for Susan G. Komen, you'll need to submit any fundraising dollars when you check in. There will be a special check-in section for fundraising, so just head on over there and we'll collect it. **Be sure to read the IMPORTANT FUNDRAISER INFO** at the beginning of this info page. Cash or check only (checks preferred); **All fundraising and donation checks should be made out to Susan G. Komen for the Cure® with Romp UT & the fundraiser's name in the memo line**

Questions? Email [romptostomp@tubbssnowshoes.com](mailto:romptostomp@tubbssnowshoes.com)

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## What to Bring/Wear

- ✓ **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.
- ✓ **Driver's License, ID, or Romp Confirmation email:** You might need this when you check in.
- ✓ **Lunch/Snacks:** Snowshoeing burns lots of calories so be sure to bring snacks to keep you going! We'll have coffee and cocoa, but recommend bringing your favorite snacks. By the time we're finished it will be lunch time, so you might want to bring a lunch as well. There is NO FOOD SERVICE at Mountain Dell.
- ✓ **Water Bottle** (yup it's important enough to be on the list twice!)
- ✓ **Backpack or bag for belongings:** You might not have the chance to go back to your car until the event is over, so be sure to pack everything you'll need for the morning.
- ✓ **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.tubbssnowshoes.com](http://www.tubbssnowshoes.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)

### Should I eat breakfast, or will there be food?

We recommend that everyone eat a hearty breakfast. Snowshoe is an aerobic activity and burns a lot of calories! Park City Bagels has graciously donated some bagels, but this will only be a snack.

## Don't forget what it's all about: saving lives & ending breast cancer FOREVER.

Romping around in the snow is a ton of fun, great exercise, and a wonderful experience—but remember to keep in mind the reason behind the event. Every day thousands and thousands of people around the world are impacted by the effects of breast cancer. The Salt Lake Affiliate of Susan G. Komen for the Cure® is committed to impacting local communities by supporting those affected by breast cancer and their families.

You still have the opportunity to take the next step with your Romp to Stomp experience and fundraise for Susan G. Komen. Last year, we were able to raise \$26,000 for Komen. **This year, we're hoping to raise \$30,000!** Salt

Lake City Romp participants have always done an incredible job showing their support by donating and fundraising for Komen through the Romp. **If every participant committed to raise just \$40 more each, we'd meet our goal! Just think—it only takes TWO friends to donate \$20 each!**

We'll collect donations the day of the event and fundraising websites will be active for a bit after the event, so there's plenty of chances to help make a difference! Plus.. we've got some great prizes from sponsors!

Questions? Email [romptostomp@tubbssnowshoes.com](mailto:romptostomp@tubbssnowshoes.com)

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All REGISTRATION CHECKS should be made out to Tubbs Snowshoes

# PRIORITY CHECK-IN AT REI

Friday, February 5 from 5:30-7:30pm

Salt Lake City REI 3285 E 3300 S, Salt Lake City, UT 84109

THE FOLLOWING DETAILS APPLY TO THE PRIORITY CHECK-IN ONLY. SEE ABOVE FOR EVENT-DAY CHECK-IN INFORMATION.

## What is the priority check-in?

Avoid event-day lines and check-in early or register for the Tubbs Romp to Stomp out Breast Cancer!

**Those who are pre-registered** can check-in, get their bib number and goody bag. Then, the morning of the Romp, all they have to do is show up, pin on their bib, get demo snowshoes (as necessary), and be at the start line at 9am (for racers) or 9:30am (for walkers).

**People can also register** for the event at priority check-in (for the \$35 rate), **Team captains** (or a team representative) can pick up materials for their entire team. **Participants can also turn in their donations** from fundraising.

Essentially it is exactly like morning-of check-in... just the night before!

## Priority Check-In FAQs

### I'm already registered for the Romp, what do I need to know for priority check-in?

Just bring your driver's license and/or confirmation email. Romp volunteers will gladly check you in and get you your goody bag and bib number. Then all you'll have to do the morning of the Romp is show up, get hooked up with snowshoes (if you are not bringing your own), and be at the start line by 9am (for the 3k Fun Run) or 9:30am (for the 3k or 5k walk).

### I'm not registered for the Romp yet. Can I register during Priority Check-in?

Yes. Just [print out the registration form](#), fill it out, and sign the bottom. When you come to the priority check-in submit the form along with a check for \$35\* written out to Tubbs Snowshoes. (We will accept cash too, but checks are preferred; **we are NOT able to take credit or debit cards**)  
*\*note: because you are not actually registering on the event-day you will only be charged \$35 for your registration rather than the event-day registration of \$40.*

## Priority Check-in Team FAQs

### Can we have one person 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.

### If we register or check-in at REI, what do we do the morning of the event?

Once you have checked in, registered, and/or submitted your donations at the SLC REI priority check-in, you do not need to check in at the event. You can pin on your bib number, grab some cocoa or coffee, head over to the demo tent (if you can't bring your own snowshoes and need some to try out), check out our sponsor booths, and be sure to arrive at the start line at 9am

### Can I register someone else at Priority Check in?

Yes and No. Yes, if you have the person FILL OUT and SIGN THE REGISTRATION FORM before coming to Priority Check-in. The person can give you the completed form along with payment. No, you cannot fill out the registration form for someone because they have to sign the waiver at the bottom. Either bring the completed form in or just have the person register the morning of the event.

### I took the extra step and fundraised for Komen.

#### Can I submit donations at the Priority Check- In?

Yes! You can also turn in all of your fundraising dollars at the priority check-in! To make things go quicker, READ OVER THE IMPORTANT FUNDRAISER INFO AT THE TOP AND be sure to [download the Romp Pledge Form](#) to record any offline donations. Then bring your donations (cash or check only with checks preferred; no debit or credit cards) and the pledge sheet with you. **Make sure the DONATION CHECKS ARE MADE OUT TO SUSAN G. KOMEN FOR THE CURE with "Romp UT" and the fundraiser's name in the memo line.**

(for the 3k race) or 9:30am (for the 3k or 5k walk). And don't forget to stick around for the Awards Ceremony at 11am.

### What if not all my team members are pre-registered? Can our team representative register them?

If you have a team member who has NOT pre-registered, your team representative can register them during priority check-in only if you bring the following items with you:

- COMPLETED registration form from the new participant (they have to fill it out and SIGN THE BOTTOM WAIVER)
- Registration payment of \$35 (check or cash with check preferred; no debit or credit cards); Make sure the REGISTRATION CHECK IS MADE OUT TO TUBBS SNOWSHOES Or, they can register themselves on the day of the event (for \$40).

Questions? Email [romptostomp@tubbsnowshoes.com](mailto:romptostomp@tubbsnowshoes.com)

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