

General Info & FAQs



Where should I go for the Romp?

The Summit at Snoqualmie Nordic Center off I-90 Hyak Exit for the Summit East. See “Directions & Parking Section for details.

What time should I show up?

If you picked up your materials at a Priority Check In location

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

How do I get to The Summit at Snoqualmie Nordic Center? Where do I park?

See directions inside.

After parking, where should I go?

If you already checked-in or registered at Columbia or REI...

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 didn'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 up the hill toward Registration/Check-in inside the Nordic Center building. 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).

What is the priority check-in?

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

YES! Although you **cannot** register someone else at Priority Check-in. They have to register him or herself.

Can I submit donations at the Priority Check-In?

YES! Please bring any offline donations with you to Priority Check-in or you can also submit them at the Event-Day check-in area as well. Make sure the DONATION CHECKS ARE MAKE OUT TO SUSAN G. KOMEN FOR THE CURE with “Romp WA” 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. It helps if you bring a complete list of all the pre-registered team members for which you need to pick up materials.

Should I eat breakfast, or will there be food?

We recommend that everyone eat a hearty breakfast. We'll have coffee thanks to Green Mountain Coffee and cocoa, but recommend participants bring snacks.

What is available at the Nordic Center?

Bathrooms, check-in area, parking, no secure storage

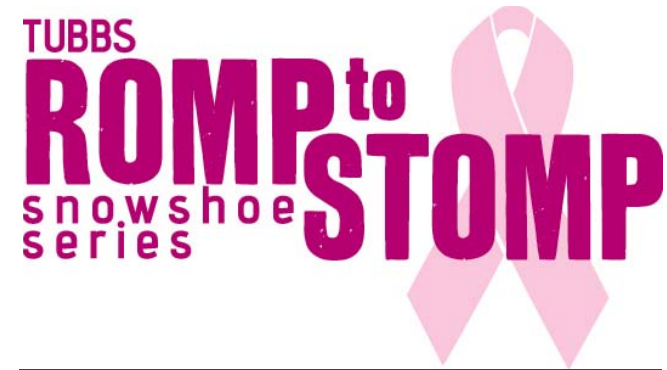
Will there be enough FREE snowshoe demos?

Tubbs will provide about 200-250 pairs of FREE snowshoe demos on a first come, first serve basis. 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 Puget Sound 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.



PARTICIPANT INFO

FEBRUARY 20, 2010

THE SUMMIT NORDIC CENTER

SNOQUALMIE PASS, WA



QUICK REMINDERS

- Allow 45 mins on event day to park, check-in, get demos before your start time
- If you attended Priority Check-In, allow 30 mins to park, check-in, get demos, etc.
- Parking for Romp is in the LOWER lot at Summit East
- Pick up your materials at one of two Priority Check-In locations to avoid event-day lines and get your questions answered.
- ALL FUNDRAISERS should stop at a donation table at Priority Check-In or on Event Day--even if you only fundraised online

EVENT DAY SCHEDULE

8am-9:15am	Check-In & Donation Collection Open Demo & Vendor Tents open
9am	Race Start (Racers AT start line ready to go WITH SNOWSHOES ON)
9:30am	3k/5k Walk Start
11am	General Awards Ceremony, Sweepstakes & Survivor Tribute
11:45am	Event Ends; Demos Returned

DIRECTIONS

From Seattle

From I-90 East
take exit 54 Hyak/Summit E
Take R at 1st stop & follow signs
Follow road, it will veer L
Take R on Kechelus Road
Take R into parking lot

From Cle Elum/Spokane

From I-90 West
Take exit 54 Hyak/Summit E
Take L & go under freeway
Follow Romp signs
Follow main road, veering L
Take R on Kechelus Road
Take R into parking lot

PARKING

Parking is limited! PLEASE CARPOOL!!

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!

Main Parking

- Please park in lower Summit East Lot (follow signs)
- If lot is full, backtrack to overflow lot
- walk up the hill to Nordic Center

Overflow Parking

- Backtrack to where you came off the freeway
- Instead of getting off the freeway veer left through stop sign onto 906.
- Follow 906 to Silver Fir Lift; Overflow parking is on the right.
- Catch shuttle to take you to the Nordic Center & Summit East

WHAT TO WEAR/BRING

- **Water Bottle:** to reduce waste, please bring your own water bottle! Fill it up at home and bring it with you on the walk
 - **Romp Confirmation email:** You might need this when you check in.
 - **Water Bottle** (yup, it's important enough to be listed twice!)
 - **Backpack** or Romp goody 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 some to use.
 - **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.
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)
- **Snacks:** We will have free coffee from Green Mountain Coffee and cocoa for participants, but we recommend eating a hearty breakfast and bringing your own snacks.



CHECKING IN & PICKING UP ROMP MATERIALS

Choose from the following options to check-in for the event, pick up your event materials, and submit donations:

Priority Check-in Locations:

Columbia Sportswear
Thurs, Feb 18 from 5-7pm
290 Pine St, Seattle

Seattle REI
Fri, Feb 19 from 5-7:30pm
222 Yale Ave N, Seattle

On event day, please allow 30 mins to check in, grab demos, etc. to be ready at the start line at your start time (either 9am for racers or 9:30am for walkers)

Event-Day Check-in Sat, February 20

8-9:20am Event Day

Please allow 45 mins to check in, grab demos, etc. to be ready at the start line at your start time (either 9am for racers or 9:30am for walkers)

FUNDRAISER INFO

TO COUNT FOR AWARDS, ALL ONLINE FUNDRAISING MUST BE SUBMITTED BY THURS, FEB 18 AT 12PM!

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, everyone who raised \$250 or more will earn special prizes from sponsors.

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.

OFFLINE & ONLINE FUNDRAISERS:

Please see above notes as they apply to you as well! Online donations (i.e. with a credit card) you fundraised through 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.