



# 2016 Oso High Trail Run (Saturday June 4) & MTB XC (Sunday June 5)

**100% Proceeds go  
to ALS Association**



**New Mexico Chapter**



Register at [www.nmsportsonline.com](http://www.nmsportsonline.com) by June 2, 2016  
 Packet pickup at Angel Fire Resort June 3<sup>rd</sup> and 4<sup>th</sup>, 2016  
 Can register at these packet pickups with late fee.  
 Free event tech shirt for the first 75 Runners/Walkers & MTB XC  
**NO DAY OF REGISTRATION**

## Registration Fees

Category	Early	Late
MTB XC - Adults	\$50	\$60
MTB XC - Juniors	\$25	\$35
Run - Adults	\$35	\$45
Run - Juniors	\$15	\$25
Walk - Adults	\$20	\$30
Walk - Juniors	\$10	\$20

## Start Times

June 4 <sup>th</sup> Run	Mass Start 9:30AM	1 Lap (7.6 km)
June 4 <sup>th</sup> Walk	Mass Start 9:45 AM	1 Lap (~2 km)
<b>June 5<sup>th</sup> MTB XC</b>		
Men/Women Pro/Cat 1	9:30 AM	4 Laps (~30.5 km)
Men/Women Cat 2/SS	9:40 AM	3 Laps (~23 km)
Men/Women Cat 3	9:50 AM	2 Laps (~15.5 km)
Cat Dude/Dudette	10:00 AM	1 Lap (7.6 km)



\*Held under USA Cycling Permit #Pending All USA Cycling Rules Apply

\*Contact [michaelscottdonovan@gmail.com](mailto:michaelscottdonovan@gmail.com) or [www.505cycling.com](http://www.505cycling.com) for more information



on the 2

**Directions:** From Albuquerque, I-25 North ~120 miles to Exit 345 (NM 104/ University Ave), keep left at the fork in the ramp. Turn Left onto NM-65/NM-104/ E University and continue to follow NM-65. for ~4.5 miles. Turn right onto 7<sup>th</sup> Street, which becomes NM-518. Stay on NM-518 for ~25.5 miles. Turn right onto State Highway 434/NM-38/NM-434, follow this road for ~25.8 miles. Turn left to stay on NM-38/NM-434 for ~8.1 miles. Turn right onto N Angel Fire.

# Oso High Trail Run & XC Race –June 4<sup>th</sup> & 5<sup>th</sup>, 2016

The 2016 Oso High Trail Run and MTB XC race will take place in the Village of Angel Fire's mountain bike trail system over the weekend of June 4<sup>th</sup> & June 5<sup>th</sup>, 2016.

As in years past, donations and revenue from the race and sale of hyper-cool Oso High Mountain Bike Race gear will go straight to the ALS Association. The Association, in turn, will use the money that was formerly yours (and which you traded for a tax deduction and -- depending on the amount -- some Oso High swag) to make life easier for someone with ALS.

The Oso High Mountain Bike Race is a USA Cycling-sanctioned mountain bike race (and part of the New Mexico Off-Road Series) for riders of all ability levels and ages. Categories for this race align with NMORS standards. Whether you're a pro or have never raced before, we have a course and a great time for you! The massively popular race category, "Dude, I've Never Raced a Mountain Bike" is back with a footnote: "Dude, I've Never Raced a Mountain Bike (except maybe last time at Oso High)".

New this year is the Oso High Trail Run (and Walk), offering two distances (~2 km and ~7 km). We have had many people who have wanted to get involved, who do not have the Mountain Bike skills, so with the addition of the trail run/walk, please bring out family members and friends for a fantastic weekend!

ALS (amyotrophic lateral sclerosis or "Lou Gehrig's Disease") is the most common, always fatal disease in the U.S. Thanks to the generous expense support of our lawyer friends at Modrall Sperling Law Firm, the Rodey Law Firm, German and Associates, Stelzner Law, and the Rosebrough Law Firm, all proceeds from this event go right to supporting patient service and research funding activities of The ALS Association. While participating in this great event, you can help Bite Back at ALS! As they say in Angel Fire, "Come Up for Air", and make a weekend of it (enjoy either riding the Angel Fire bike park on Saturday, or participating in the Trail Run/Walk as a warm-up to the XC race on Sunday!).

## Why ALS?

- ALS (amyotrophic lateral sclerosis/"Lou Gehrig's Disease") is the most common, always fatal disease in the U.S., and that bites.
- There is no cure, no treatment, and 90% of A.L.S. patients die within five years after diagnosis, which also bites.

- In 2013, more money was spent relocating prairie dogs and salmon than on ALS research, which is really shocking (and we like prairie dogs and salmon).
- On July 28, 2010, your Co-Race Director, Doug Schneebeck (Sport Systems 505 Cycling), was diagnosed with ALS, and he's selfishly hoping some really smart coneheads will use our money to figure out the cure.

**Directions:** Go to Angel Fire (car is best, but Angel Fire also has a small airport, and, if you own a plane, there's a good chance we'll pick you up if you make a donation inversely proportionate to our 1960 VW's blue book value). Stop on the right when you get to the Lowe's Grocery. Staging will be right in front of you.

**More Information:** [www.505cycling.com](http://www.505cycling.com)

**Registration:** ONLINE [www.nmmexicosportsonline.com](http://www.nmmexicosportsonline.com) (closes June 2, 2016)

**Packet pick-up:** Friday & Saturday at Angel Fire Resort from 4-7 PM; or Sunday morning from 7:45 to 9:00 AM. **NO DAY-OF REGISTRATION.**

**Event Tech Shirts:** The first 75 runners/walkers who register will receive an event tech shirt. The first 75 MTB XC registrants will receive an event tech shirt.

## Fee schedule:

Donate \$1000 to the ALS Association: free entry for Saturday AND Sunday, event tech shirt, and Oso High Endurance Sports jersey.

Donate \$600 to the ALS Association: free entry for Saturday AND Sunday, and Oso High technical t-shirt.

Donate \$150 to the ALS Association: free entry to event of choice and event tech shirt.

**OR** – See table on first page for registration fees.

## Awards:

Runners = Top 5 Men and Women receive something sweet, custom-made for Oso High.

MTB XC

Pro: \$150, \$100, and \$75; 1st through 3rd unless there are fewer than four starters, in which case the awards will be half the above.

Not Pro: Something sweet, custom-made for Oso High. More soon.

Courses: On the green belt in the City of Angle Fire behind the market.